

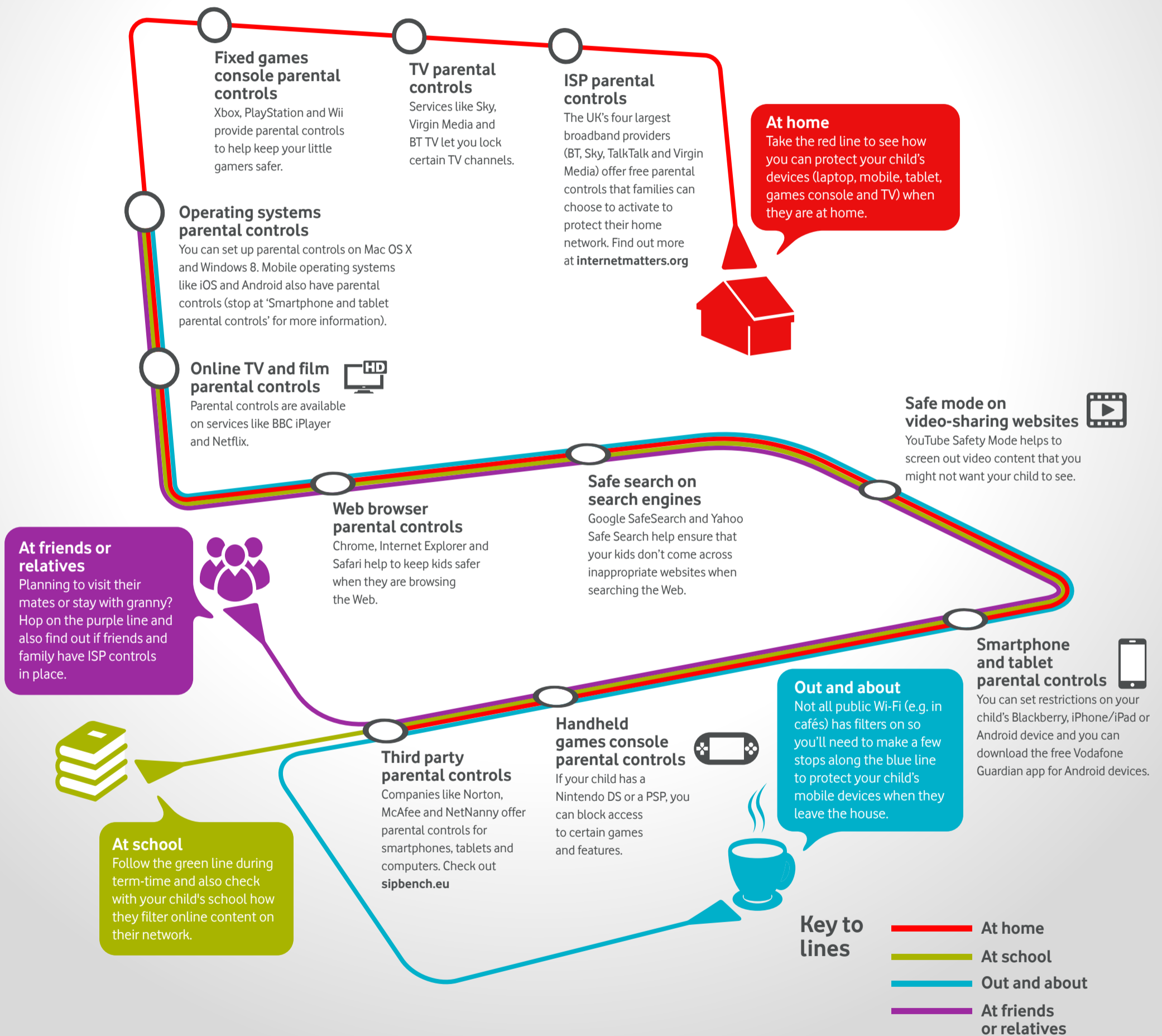


Mind the gap

Where does your child go online?

Protecting your child in their digital world might sometimes feel like a long and complicated journey. But it doesn't have to. Use this map to navigate the parental controls and other safety tools available to you, wherever your child is. Jump on board at the start of any of the four lines and you'll soon be on your way.

vodafone.com/parents/parentalcontrols



83%

of 4 to 11-year-olds have to follow online and mobile rules.
(Source: Vodafone/YouGov, October 2013)

72%

of teachers have never been formally trained in internet safety.
(Source: AVG, July 2014)

78%

of people who use Wi-Fi outside the home use a free Wi-Fi connection.
(Source: Ofcom Communications Market Report, August 2014)

71%

of parents have never spoken to their child's grandparents about online safety.
(Source: Vodafone/YouGov, October 2012)

Useful links

- Vodafone Digital Parenting: www.vodafone.com/parents
- Parents in the Digital Age: <http://www.pitda.co.uk/>
- The Parent Zone: <http://www.theparentzone.co.uk/parent>
- Get Safe Online: www.getsafeonline.org
- Internet matters: www.internetmatters.org
- Childnet International: www.childnet.com
- Parental controls: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>
- ParentPort: www.parentport.org.uk
- Child Exploitation & Online Protection Centre: www.ceop.police.uk
- ThinkuKnow: www.thinkuknow.co.uk/parents
- UK Safer Internet Centre: www.saferinternet.org.uk
- BBC Webwise: <http://www.bbc.co.uk/webwise/0/>

Parental Control:

Digital Literacy for Parents/Carers

Short courses for parents/carers hosted by school with training provided by ICTinspires

Safe internet searching:

e.g. Google Safe search and lock/YouTube filter: www.google.co.uk/familysafety

Set up filtered searching on all devices in the home: <http://www.opendns.com/parental-controls>

Consider purchasing Net Nanny or similar: <http://www.netnanny.com>

Limit computer access

Search for **Windows Parental Controls** (In Windows 7 you can set limits on your child's computer use—and help them be safer online—without constantly peeking over their shoulders).

Facebook

Search for **Family Safety Centre** - learn how to adjust settings.

A parent guide to facebook: <http://www.connectsafely.org/pdfs/fbparents.pdf>

Mobile phones and Game consoles:

Search for 'parental controls' for the device name within Google.

Top Tips for parents:

1. Be involved in your child's online life.
2. Keep up-to-date with your child's development online
3. Set boundaries in the online world just as you would in the real world.
4. Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.
5. Emphasise that not everyone is who they say they are.
6. Know what connects to the internet and how
7. Watch Thinkuknow films to learn more: <https://www.thinkuknow.co.uk/parents>
8. Get the computer out of the bedroom!

Key Messages to share with your child

- Never share anything with anyone they wouldn't want you or their teacher to see. **THINK BEFORE YOU POST**
- Make sure they know who to talk to if they feel uncomfortable, upset or worried
- If they are not sure **CHECK** with you
- Never communicate online with anyone they don't know **AND TRUST** in the real world
- Keep personal information private
- Don't send anything to anyone you wouldn't want to receive yourself and don't share other people's content.

Things to consider:

Content

- be careful which sites the rest of the family visit
- tell your child(ren) not to fill out online forms without your permission (and why!)
- talk to your child(ren) about validity of sites when researching – anyone can create a website

Social networking/chat rooms/Gaming

- talk to your child(ren) about digital privacy
- talk to your child(ren) about 'friends' – someone they 'meet online' is NOT a friend
- decide what **PEGI rating games** you will allow them to play and be aware that extreme gaming may be a safeguarding issue (e.g. 16+, 18+ games)

Cyberbullying

- talk to your children about **cyberbullying and cyberbullies**
- teach them how to report the cyberbullying to the school, service provider or police and what evidence is helpful

Mobile devices - know how your child's **phone, tablet** or **gaming device** works

- Does it have GPS tagging to photos?
- Does it have parental controls (e.g. can you block them from uploading images if necessary)?
- Does it access the internet? Can it upload images?

Resilience

- encourage and enable your child(ren) to make good choices
- demonstrate your own knowledge and understanding of the world
- get involved
- make sure they know what to do and who to go to if they need help

Online/Offline

- help your child(ren) to understand that these worlds are not so different – rules that apply offline in the real world apply to the online world too

Moderation

- help your child(ren) to understand why they should switch off occasionally (and definitely at least 30 minutes before bed)

INFORMATION FOR PRIMARY TEACHERS

1. CHILDNET RESOURCES AND WEBSITES



Childnet: In our **Teachers and Professionals** area you will find resources to help you use the internet safely and positively as a professional, and information to help safeguard your workplace and the young people you work with.

The **Hot Topics** section contains detailed information on a range of e-safety topics such as downloading, sexting, social networking, gaming and grooming. www.childnet.com



UK Safer Internet Centre: Childnet is part of the European Commission appointed UK Safer Internet Centre. Together with partners the Internet Watch Foundation and the South West Grid for Learning, we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk.



Digizen: A website providing information and advice to encourage responsible digital citizenship. It shares advice and guidance on preventing and responding to cyberbullying, including the film 'Let's Fight It Together' and specific information on social networking. www.digizen.org



KidSMART: This award winning Childnet website is for children, teachers, parents and carers and offers fun games and activities for children alongside effective internet safety advice. Don't forget to check out our new Early Surfers' Zone for 3-7 year olds where you can read the online stories 'The Adventures of Smartie the Penguin' and 'Digiduck's Big Decision.' www.kidsmart.org.uk



Chatdanger: A site for teenagers that shares advice on how to stay safe while chatting online; it gives real life accounts and highlights the potential dangers on interactive services like chat, IM, online games, email and mobiles. Young people can also write to the website for specific advice on different online situations. www.chatdanger.com

2. OTHER RESOURCES, ACTIVITIES & LESSON PLANS



Think U Know: A website run by CEOP that contains information for children, parents and teachers, as well as a link for children to report abuse online. www.thinkuknow.co.uk



Digital Literacy and Citizenship: A free set of curriculum documents to support digital literacy and citizenship teaching in school. The documents include medium term plans, individual lesson plans and links to online resources and activities. www.swgfl.org.uk/digitalalliteracy



Mini Mentors: Part of the Cyber Mentors programme, encouraging primary pupils to look after themselves and show respect to others through a training programme. www.cybermentors.org.uk/teachers-and-professionals/resources/



Horrible Histories: The BBC created a number of e-safety videos for Safer Internet Day 2012. They are free to view online and can provide a good introduction to a lesson or class discussion. www.bbc.co.uk/cbbc/topics/stay-safe



TES Teaching Resources: The TES website has an extensive resource bank for all subjects, including e-safety. Resources and lesson plans have been created and shared by teachers. (Sign up required) www.tes.co.uk/teaching-resources/

3. SOCIAL NETWORKING



Young People & Social Networking Sites: Aims to help parents understand the positive and creative ways young people are using social networking spaces (eg Facebook, Twitter and Google+). It also points out the potential risks of using these sites and ways to minimise these risks.

www.childnet.com/ufiles/Young-people-and-social-networking-A.pdf



Facebook Family Safety Centre: Provides useful information and tips for parents and carers, teens and educators. These pages do not require a Facebook account in order to view them. www.facebook.com/safety



Google+ Safety Centre: Provides useful information and tips for parents and carers, teens and educators. These pages do not require a Google account in order to view them.

www.google.com/+/safety



Twitter Help Centre - Tips for Teachers: Provides useful information and tips for teachers and professionals. These pages do not require a Twitter account in order to view them.

support.twitter.com

4. PROFESSIONAL REPUTATION



Professional Reputation: A guide about your personal use of social networking sites; keeping you, the young people you work with, and your job safe.

www.childnet.com/teachers-and-professionals/for-you-as-a-professional/professional-reputation



Facebook Checklist: Practical information around privacy settings, how to choose what information and images to share, and where to turn for help.

http://www.childnet.com/downloads/Facebook_Check/Facebook_Checklist.pdf



Using Technology: A guide to help you use technology safely and responsibly, whether in your work with young people or at home.

www.childnet.com/teachers-and-professionals/for-you-as-a-professional/using-technology

5. SEARCH ENGINES SUITABLE FOR USE IN SCHOOLS



BBC: www.bbc.co.uk/cbbc/find



Safe Search: primaryschoolict.com



Ask Kids: www.askkids.com



Yahoo!: kids.yahoo.com

6. WHERE TO GO FOR HELP



Need help? Advice about how to report concerns such as cyberbullying, inappropriate content or illegal behaviour.

www.childnet.com/teachers-and-professionals/for-working-with-young-people/need-help



Professionals Online Safety Helpline: The UK Safer Internet Centre has been funded by the European Commission to provide a Helpline for professionals who work with children and young people in the UK, specifically tackling the area of e-safety. **0844 381 4772**



Child Exploitation and Online Protection (CEOP): A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online. www.ceop.police.uk



Internet Watch Foundation: The UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk



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