

## Parents and E-Safety

ICT can offer many positive educational and social benefits to young people, but unfortunately there are some dangers. As in any other area of life, children and young people are vulnerable and may expose themselves to danger, knowingly or unknowingly, when using the internet and other technology. Additionally, some young people may find themselves involved in activities which are inappropriate, or possibly illegal. Young people who have been using the internet excessively, or engage in risky or illegal behaviours online, may benefit from professional support or counselling. The Newham PRUs will help in playing a key role in recognising this need and engaging appropriate help.

### What can you do to protect your child?

Don't be intimidated by the technology, and keep talking to your child about their online life. Privacy is a key issue online so remind your child to keep their personal information private. Help your child create strong passwords (not easy to guess) using a combination of numbers, capital letters and symbols.

### The following may also help:

Consider having a web-safe browser installed on the computer and ask your child to show you the sites they use. Talk to your child's mobile phone provider about filtering software and ask your child to set their profile settings to private. Have an agreement with your child that they should tell you if they are worried about something online.

### Tips for students to help stay safe

You have the right to feel safe all the time, including when using ICT or your mobile phone.

- If anything makes you feel scared or uncomfortable online, tell a responsible adult straight away. Don't be afraid you will get into trouble. Responsible adults include your teachers, parents and the carers with whom you live. If you have any worries about using ICT safely at home or in school, please speak to them.
- Only email people you know, or those whom a responsible adult has approved.
- Messages you send should be respectful.
- Keep your personal details private when using ICT or a mobile phone. Your name, family information, journey to school, your pets and hobbies are all examples of personal details.
- Don't show anyone photographs of yourself, friends or family without checking first with a responsible adult.
- If you have received abusive texts or emails, save them and tell an adult that you trust.

### What is CEOP?

CEOP stands for Child Exploitation and Online Protection Centre; their job is to protect young people from abuse on the internet.

