

WHAT IS DONE IN SCHOOL?

Children are taught about E-Safety through using the SMART rules:

Safe - Be careful giving out personal information

Meeting - It is dangerous to meet someone you have met online

Accepting - Do not accept messages from people you don't know

Reliable - Information you find on the internet may not be true

Tell - Speak to an adult you trust if something you see online makes you feel uncomfortable

E-Safety lessons take place in each year group throughout the year.



WHAT CAN BE DONE AT HOME?

Good communication between a parent and child is critical

- Ask about your child's online friends, encourage them to have their "real" friends as their friends on social networking sites.
- Consider where you place your computer, keep an eye on what your child is looking at.
- Discuss the fact that not everyone on the internet is who they say they are.
- Help children to set up strong passwords (a combination of letters, numbers and symbols) and explain why they shouldn't share them with anyone.
- Encourage your child to only share their personal information with people they know.
- Suggest that they use a nickname (not their real name) on websites, chat rooms and other online forums.

CYBER BULLYING

What is cyber bullying?

- Threats and intimidation sent to people by mobile phone, email or online
- Harassment through repeated, unwanted contact of another person
- Name calling online
- Public posting or forwarding of images without consent

Make sure your children know they must guard even the most casual text message and watch their own written words. They should never retaliate, and they should always tell you if and when they are being cyber bullied.

Keep a copy of any bullying message received via a PC or laptop by using the "Print Screen" key on your computer keyboard and copying the message into a word processing program. Also, do not delete text messages or voicemails which contain evidence of bullying.