

Mini glossary

Social networking:

Websites that allow people to keep in contact with friends and use a range of different media and applications for example photos, videos and music.

Peer-to-peer file sharing [P2P]:

File sharing networks over the Internet that allow people to exchange photographs, videos, music and games by directly connecting to each other's computers.

Mobile technology:

Mobile phone internet access is filtered by the network providers for under 18s. However, children/young people can still be the victims of cyber bullying by text or receive inappropriate images.

Video games:

This term covers a huge range of products. It includes PCs, games consoles and online gaming. Many games now have multi-player options that can only be accessed on the Internet.

Online grooming:

Adults who want to engage children/young people in sexual or other illegal activity use the Internet to earn their trust, for example taking advantage of a desire to make 'new' friends. Boys are just as vulnerable to these tactics as girls.

Report abuse buttons:

Many websites have a button built into their sites that allow children and young people to immediately report any behaviour that they think is suspicious and/or makes them feel uncomfortable.

Where can you get help?

If you think a child or young person might be in imminent danger always dial 999 for the police.

Concerned about the welfare of a child in Suffolk?

Customer First (24hr service): 0808 800 4005

Suspect a crime has been committed?

Suffolk Police: 01473 613500

www.esafersuffolk.org

e-Safety in Suffolk

www.saferinternet.org.uk

UK Safer Internet Centre

www.ceop.gov.uk

To report concerns about a person's online sexual behaviour

www.thinkuknow.co.uk

Specific advice for children, young people, parents/carers and teachers run by the Child Exploitation and Online Protection Centre (CEOP)

www.getnetwise.org

For advice about filtering/parental control software, viruses and preventing SPAM

www.childnet.com

(International Internet safety charity)

www.childline.org.uk 0800 1111

Provides help and support in confidence to children and young people

www.iwf.org.uk

For reporting harmful content, including child sexual abuse images or incitement to racial hatred

Mobile phones

Contact provider



Suffolk Safeguarding Children Board

Keeping up with the kids in a digital age

A guide for parents and carers



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www.suffolkscb.org.uk

What is it about?

Although your children may have better technical skills than you, they still need your practical advice and support to understand the risks and make sensible and informed choices online.

Whether on a computer at school, a laptop at home, a games console or mobile phone, children and young people are increasingly accessing the internet wherever they are.

If your child understands the risks, they can get the most from the internet and stay safe whilst doing so.

This leaflet is designed to encourage you to spend some time surfing the internet yourself. The more you know about the internet, the better you will understand how your children use the internet and how you can help them to stay safe online.

What are the risks?

The internet opens up so many educational and social opportunities to children, giving them access to a world of information and experiences.

For most children and young people, the internet has become an integral part of their lives where they play video games, download music and videos and chat to people via social networking sites such as MySpace, Bebo, Facebook or BBM (Blackberry Messenger).

Using the internet can also expose your children to risks such as:

- Revealing personal information and/or contact details.
- Receiving upsetting texts or e-mail messages.
- Being 'groomed' by an adult with a view to meeting a child for their own illegal purposes.
- Posting on the Internet malicious details about, or inappropriate images of, other people (cyber bullying).
- Ignoring copyright law by downloading music or video material.
- Accessing age inappropriate illegal websites or those that incite hatred or violence.
- Using other peoples internet identity to post malicious comments.

What can you do?

- Get to know your child's online habits. Children are inquisitive. They will look to explore the internet as much as they do the real world. Knowing the sites they go to, the people they meet there and what they do, will help to keep your child safe.
- Keep the computer in a family room where you can monitor what is going on.
- Use a general family email address when signing up to websites, not the child's specific name.

- Advise them to only text, chat or webcam to people they know and to raise concerns if they are asked to do something they are uncomfortable with.
- Help your child to understand that they should never give out personal details to online friends they do not know offline.
- Discuss how people hide their identities on-line and the importance of never meeting new online 'friends' for real.
- Encourage them to think carefully about what photographs or videos they post online because they can be tampered with by others and never completely erased.
- Discuss the fact that taking and sending inappropriate images by mobile phone or email is a criminal offence.
- Install internet filtering software showing a Child Safety Online Kitemark on your computer.

The Kitemark scheme is sponsored by the **Home Office** and **Ofcom**.

