



# Internet Safety Guide

## How might children use the Internet?

### learning



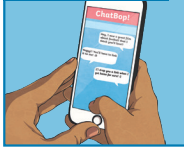
### gaming



### social media



### messaging



### video calls



### listening to music or stories



### watching programmes or films



Our Internet use can affect our wellbeing.  
Our wellbeing might be affected by:

how much time we spend  
using the Internet;



how we interact  
with others online;



what we watch  
and engage with;



how we portray  
ourselves online.



## What are the risks?

### Cyberbullying

This can be sending or receiving unkind or hurtful messages or excluding individuals from group chats or social media posts.

### Fake identities

People on the Internet may not be who they say they are. It is important not to provide any personal information to anyone we chat with online.

### Photo or video sharing

When any pictures are shared on the Internet, we can no longer control what happens to them. Always think carefully about liking or commenting and don't share pictures or videos.

### Inappropriate content

Some websites, videos, photos and written content may be unsuitable for younger Internet users. It is important to respect the age-restrictions we see online and use apps agreed with a trusted adult.

### Damage to self-esteem:

Comparing ourselves to social media posts other people share and images which may be manipulated can be detrimental to self-esteem.




https://

https://

## How can I help my child to use the Internet safely and responsibly?

To help children stay safe and happy online, we can use these SMART rules!

S	M	A	R	T
Stay Safe	Meet	Accept	Reliability	Tell
To stay safe online, remember to always <b>keep personal information private</b> . Personal information includes your full name, date of birth, telephone number, address or school name.	<b>Never meet up</b> with someone you have met online. If anyone suggests this, tell a trusted adult straight away.	Check with a <b>trusted adult</b> before accepting anything anyone sends over the Internet or clicking on any links. Files, videos or photos shared with you can store viruses or may be unsuitable or frightening.	Always check the reliability of what you read online with a trusted source. People can write anything they want on the Internet so it may <b>not always be trustworthy</b> .	Always tell a trusted adult straight away if you see anything that <b>upsets, worries</b> or <b>frightens</b> you online.



## How can I help my child stay safe?

Talk about Internet use regularly. Keep conversations calm and positive so your child feels happy and confident discussing it.

Agree on and set up apps, websites or games together and show an interest in how your child will use them.

Set up Internet devices, or agree they will be used, in shared, family spaces. This way it is easier for children to get help if they need it.

Set up parental controls on Internet devices and home Wi-Fi access if possible. You can also activate 'safe search' settings on search engines and set up passwords on online accounts to avoid in-app purchases.

Talk about how our actions online can affect others. Remind children of the importance of showing kindness and respect online just like we do with people around us.



### How can I help my child stay safe?

Model responsible Internet use. Demonstrate a healthy balance of online and offline activities and have periods of the day when you are 'device free' to focus on what is going on around you.

Talk about who your child's trusted adults are. Who can they tell if they are worried by anything they see?

Be approachable. Make it clear your child can always speak to you about anything at all that concerns them on the Internet and that you will help.

If your child comes to you with concerns, remain calm and show interest. Thank them for coming to speak to you and talk about how you can work on this together.



### How can I talk to my child about using the Internet Safely?

Ask open ended questions to let your child lead the conversation. You might want to try these:

How do you find videos or games that you like online?

What do you enjoy using the Internet for?

What can we do as a family to help keep each other safe online?

Is there anything that worries you about going on the Internet?

What would you do if....?

