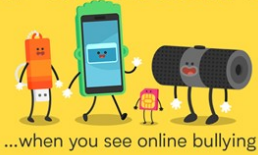


**STOP SPEAK SUPPORT**



[www.nspcc.org.uk](http://www.nspcc.org.uk)

## Potential Risks



# Online Safety Information Leaflet

**Cyberbullying** is when someone uses technology, such as the internet or a mobile device to bully others. This might include:

- Sending messages, that might upset others.
- Excluding others from messaging apps.
- 'Hacking' into someone else's social media account / Pretending to be them.
- 'Tagging' people into statuses or embarrassing photos/videos about them.
- 'Indirect' cyberbullying (bullying where no names are mentioned, but the target is obvious to all).

**Grooming** is when someone tries to gain the trust of a person, so that they can convince them to do things for them.

**Radicalisation** is when people are pressured or persuaded to support an extreme religious organization.

**Breaching privacy** is when information, such as full name, address and phone numbers is shared with other people, without permission.

**Disturbing Images/Videos** can appear, even when they have not been deliberately searched.

**Hacking** is when someone gains access to and/or control of information within your device.

This leaflet is aimed at both parents and children, to ensure that everyone knows how to keep safe when online.

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)



[www.childnet.com](http://www.childnet.com)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



**ChildLine**  
0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

[www.bullying.co.uk/cyberbullying](http://www.bullying.co.uk/cyberbullying)



[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

[www.net-aware.org.uk/](http://www.net-aware.org.uk/)

## **Staying Safe Online:** **Top Tips for Children**

- Treat others as you would like to be treated.
- Think about how your messages might be interpreted.
- Do not spread rumours or gossip.
- Respect other people's privacy.
- Only use websites you know are safe.
- Do not arrange to meet someone that you have only met online.
- Do not open any adverts or pop-ups, without checking with an adult first.
- Do not share personal information about yourself or other people.
- Follow age limits. Do not go on social media sites that you are not old enough for.
- If you receive an unwanted message, do not reply.
- Speak to an adult if something online worries you.

## **I have a concern, what should I do?**

### Children:

- Immediately stop using the app/website.
- Do not reply to any unkind or inappropriate messages.
- Show a trusted adult. Even if you feel that you might get into trouble, it is more important that you are safe.
- Take a screen-shot if you see something inappropriate.
- Use the reporting mechanisms of the particular app/website.

### Parents:

- Investigate—don't just leave it!
- Have a discussion with your child, to establish full details.
- Take screen-shots of anything that is not acceptable.
- Use the reporting mechanisms of the particular app/website.
- Report the incident to school, if appropriate.
- Establish procedures for keeping safe, in the future.

## **Staying Safe Online:** **Top Tips for Parents**

- Establish an open agreement that any issues can be discussed calmly and effectively.
- Ensure that parental controls are set appropriately.
- Ask your child to show you the sites that they would like to use.
- Help your child to set up any profiles that are required.
- Set limits for 'screen time'.
- Ensure that all 'screen time' takes place in an area that can be supervised.
- Establish regular checking of devices, to monitor what is being accessed.
- Make sure that you know all passwords.
- Discuss risks of being online with your child, including strategies for reducing risk.
- Establish clear expectations for what your child should do, if they have a problem online. (Suggestion— not an automatic removal of access, as this deters children from reporting issues.)