



Grampian Primary Academy

## Online safety guide for parents

### This is a guide to children's online safety for parents with handy tips and issues to discuss with your child.

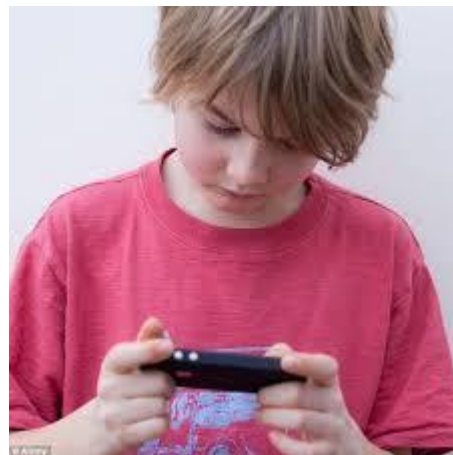
#### Handy tips for parents:

- Technology is constantly changing, and young people are continually learning – keep up to date on latest developments so you know about the risks.
- Online safety applies to all types of devices – PCs, laptops, tablets, smartphones, e-readers and online gaming.
- As technology becomes more portable, set guidelines for where your child could/should use their device.



- Treat online safety in the same way that you would treat offline safety, such as stranger danger, crossing the road, etc.
- Make sure you set up your internet security so children cannot access websites with adult and/or inappropriate content.

- Don't write anything online that you wouldn't say in person (and with an adult present in the room!). Comments on social media and/or public web pages/forums could reflect badly on your child.



- Check out IT policies, particularly the online safety policy issued by your child's school and adhere to it.
- Cyber bullying should be treated in the same way as other forms of bullying. Contact your child's school to agree a plan for dealing with it.
- Be aware that 'sexting' increasingly involves younger children – some as young as 10.
- Try to establish a system which allows your child to talk to you about anything they feel uncomfortable about online

### Things to Discuss with Children:

- Where is it acceptable to use your portable device? The bedroom? School?
- Who should you talk to if you feel uncomfortable about something you have seen online? A parent? Teacher? Another adult?



- Keep passwords safe – don't write them down and change them regularly
- What personal information is appropriate to post online?
- How do you report cyber bullying? Take a screen grab of any posts so these can be seen at a later date if needed.
- How do you know the people you are talking to online are who they say they are?
- What is the difference between a 'real life' friend and an 'online' friend?
- When is it sensible to meet up with online friends?

### Other Sources of Information:

- The Lucy Faithfull Foundation - [www.lucyfaithfull.org](http://www.lucyfaithfull.org)
- UK Safer Internet Centre - [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- Child Exploitation and Online Protection Centre - [www.ceop.police.uk](http://www.ceop.police.uk)
- Think U Know - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- NSPCC - [www.nspcc.org.uk](http://www.nspcc.org.uk)