Safer Surfing – Guidance for Parents and Students:

- We recommend that children are supervised while using the Internet. It is possible to buy software which will restrict access to 'harmful sites'. Most Internet Service Providers (ISPs) will also provide an element of 'filtering' to avoid unsuitable content; but you need to set it up.
- No system will remove all unsuitable material.
- It is important that your children know what to do if they come across any material that they feel uncomfortable with. REPORT IT.

Personal Details:

Students should not give out personal details about themselves or others. This includes: full name, address, 'phone numbers, email addresses etc.

- Students should never make arrangements to meet anyone over the net.
- Students should never give anyone else their password.
- People should not give out bank / card details unless they have checked that the site is trustworthy and that they have anti-spyware installed on the computer.

Chat Rooms and Forums:

These have many uses but also have many dangers. It is very hard to know whether the person is really as they say they are. Even if the name is someone you know, that doesn't necessarily mean that your friend is the person doing the typing!

- It is also not always clear who else is 'listening' in to your conversation.
- There are usually 'moderators' who you can contact if you are unhappy with anything in a forum or chatroom.

On-Line Games:

This is a rapidly developing area and can have the same dangers as chat rooms. This is particularly true of role-play type games. In this case people are very unlikely to be who they say they are!

- There are usually moderators you can contact if you are unhappy with anything.
- Never give out personal details or arrange to meet someone.
- On-line games are not restricted to computers.

E-Mail:

Avoid opening emails from unrecognised sources. Never open attachments without checking who they are from and whether they are likely to be safe.

- Emails may carry viruses.
- Most anti-virus programs will scan emails for spam (unsolicited, bulk mail); as well as viruses.
- Avoid using CC (Carbon Copy) or the 'To' box when sending to multiple addresses. Instead use BCC (Blind Carbon Copy). You can set up a group; put your own address in the 'To' box and the name of your group in the BCC box. This offers some protection in that people don't automatically see everyone else's email address.

Bullying:

Unfortunately, bullies like new technology just the same as everyone else. Children need to be very careful about who they give mobile 'phone numbers to; what they upload (if anything); who they give email addresses to etc.

- Texting; using camera 'phones; setting up websites about people; MSN; and group emailing are all ways that are being used by some bullies.
- If it happens – tell someone immediately, save all evidence you can.

Passwords:

Be imaginative with passwords. It is amazing how many are 'guessed'.

- Try to make sure passwords are at least 6 characters. (The longer the better.)
- Avoid using postcodes or family names / dates etc.
- Using unusual characters such as £$%&*^ makes fraud harder.
- Mixing capitals and lower case letters usually makes passwords more secure.
- Some people hold databases of the most common passwords!
- Never give out your PIN over the Internet (or to anyone).

Home Broadband Settings:

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

www.saferinternet.org.uk - Advice and Resources - Parental Controls

Staying Safe Online: Parental control software

www.choose.net - Parental Controls and Internet Safety

Know IT All for Parents is a unique interactive e-safety guide for parents and carers produced by Childnet International. It's designed to really help you as a parent or carer keep up to date with how children are using the internet, and support them in using these new exciting services safely and responsibly.

www.childnet.com - Know it all for Parents

The NCA's CEOP Command is here to help children and young people. They are here to help, if you are a young person and you or your friend have been forced or tricked into doing something online, or in the real world.

They also have advice and links to support for other online problems young people might face, such as cyberbullying and hacking. Visit their Safety Centre for advice and to report directly to CEOP, by clicking on the Click CEOP button

www.ceop.police.uk - Safety Centre

UK Safer Internet Centre, where you can find e-safety tips, advice and resources to help children and young people stay safe on the internet.

www.saferinternet.org.uk

A Parent's Guide to Facebook

It's designed to help you understand what Facebook is and how to use it safely. With it, you will be better informed and able to communicate with young Facebook users in your life.

www.connectsafely.org.uk - A Parent's Guide to Facebook

Search Engines Safety Centres

Learn what you can do to protect yourself and your family online.

www.google.co.uk - Safety Centre

www.yahoo.com - Safety Centre

Staying Safe Online

www.childline.org.uk - Staying Safe Online