

Sidmouth College

E-Safety News



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Issue 1

"Treat your password like your toothbrush. Don't let anybody else use it, and get a new one every six months"

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Social Networking - Advice for all

Are you or your children "online network socialites"? Do you Twitter about your Facebook status while listening to music on Spotify? Whatever your internet habits, you and your family will most probably have a wealth of personal information online which, if not managed correctly, could have serious consequences. Below are a list of tips to help you (and your family) stay safe online.

Safe Social Networking Tips

- 1. Google yourself.** Your employer, coworkers, supervisors, kids, relatives, and friends have probably all done it already. You should know what is out there with your name on it.
- 2. Report concerns you may have to the hosting website.** Most social networking sites have reporting mechanisms so you can easily report problems, misinformation, hacked accounts, scams, phishing, or other concerns. You can also request that your information be removed from sites that may have it posted.
- 3. Post only what you want the world (including your mother, your mother-in-law, your spouse, your kids, your boss, your next door neighbor, everyone) to see.**
- 4. Set your privacy settings so that "only friends" can view your information.** Other settings allow unknown individuals to view your information and may compromise the privacy of you and your family.
- 5. Do not post things that may bring shame or embarrassment to you or your employer.** Those photos of your best friend's stag do or that weekend family reunion two years ago might be better left un-posted.
- 6. Choose passwords that cannot be easily guessed so that your accounts are secure.** Your kid's names, your pet's names, your birthday, and your address are common offenders that make your account easy to hack.

Don't be afraid of Social Network sites...just use them responsibly.



Top Tip for Parents:

Be involved in your child's online life. For many of today's young people there is no line between the online and offline worlds. Young people use the internet to socialise and grow and, just as you guide and support them offline, you should be there for them online too. Talk to them about what they're doing, if they know you understand they are more likely to approach you if they need support.



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Source: care.org.uk

E-Safety Advice for Parents

- **Keep up-to-date with your child's development online.** Be inquisitive and interested in the new gadgets and sites that your child is using. It's important that as your child learns more, so do you.
- **Set boundaries in the online world** just as you would in the real world. Think about what they might see, what they share, who they talk to and how long they spend online. It is important to continue to discuss boundaries so that they evolve as your child's use of technology does.
- **Know what connects to the internet and how.** Nowadays even the TV connects to the internet. Your child will use all sorts of devices and gadgets; make sure you're aware of which ones can connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet – is it your connection or a neighbour's Wifi? This will affect whether your safety settings are being applied.
- **Consider the use of parental controls on devices that link to the internet,** such as the TV, laptops, computers, games consoles and mobile phones. Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly. Find your service provider and learn how to set your controls
- **Emphasise that not everyone is who they say they are.** Make sure your child knows never to meet up with someone they only know online. People might not always be who they say they are. Make sure your child understands that they should never meet up with anyone they only know online without taking a trusted adult with them.
- **Know what to do if something goes wrong.** Just as in the offline world, you want to help your child when they need it. Therefore, it is important to know when and how to report any problem...see below...

What tools are there to help me keep my child safe?

Follow this link to find out more:

<https://www.thinkuknow.co.uk/parents/Secondary/Tools/>

Source: www.thinkyounow.co.uk



Source: www.safetyweb.com