

## Mini Glossary

### **Social networking:**

Websites that allow people to keep in contact with friends and use a range of different media and applications, for example photos, videos and music.

### **Peer-to-peer file sharing (P2P):**

File sharing networks over the internet that allow people to exchange photographs, videos, music and games by directly connecting to each other's computers.

### **Mobile technology:**

Mobile phone internet access is filtered by the network providers for under 18s. However, children and young people can still be the victims of cyberbullying by text or receive inappropriate images.

### **Video games:**

This term covers a huge range of products. It includes PCs, games consoles and online gaming. Many games now have multi-player options that can be accessed on the Internet.

### **Online grooming:**

Adults who want to engage children and young people in sexual or other illegal activity use the internet to earn their trust, for example taking advantage of a desire to make 'new' friends. Boys are just as vulnerable to these tactics as girls.

### **Report abuse buttons:**

Many websites have a button built into their site that allows children and young people to immediately report any behaviour that they think is suspicious and/or makes them feel uncomfortable.

### **Where can you get help?**

If you think a child or young person is in imminent danger always dial **999** for the Police.

If you have an immediate safeguarding concern about the welfare of a child please contact Customer First (24 hour service) on **0808 800 4005**.

If you suspect a crime has been committed please contact Suffolk Police on **101** or **01473 613500** (both non-emergency).

[www.esafersuffolk.org](http://www.esafersuffolk.org)

e-Safety in Suffolk.

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

Information about staying safe online.

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

UK Safer Internet Centre.

[www.ceop.gov.uk](http://www.ceop.gov.uk)

To report concerns about a person's inappropriate behaviour online.

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

Specific advice for children, young people, parents/carers and teachers run by CEOP Command.

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

International Internet safety charity.

[www.childline.org.uk](http://www.childline.org.uk) **0800 1111**

Provides help and support in confidence to children and young people.

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

To report criminal online content, including child sexual abuse.

[www.getsafeonline.org](http://www.getsafeonline.org)

Free advice about staying safe online.

### **Mobile phones**

Contact your mobile phone provider for advice on parental controls.



# Suffolk Safeguarding Children Board

## e-Safety Guidance for Parents and Carers



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

## What is it about?

Although your child may have better technical skills than you, they still need your practical advice and support to understand the risks and make sensible and informed choices online.

Whether on a computer at school, a laptop at home, a games console or a mobile phone, children and young people are increasingly accessing the internet wherever they are.

If your child understands the risks, they can get the most from the internet and stay safe whilst doing so.

This leaflet is designed to encourage you to spend some time surfing the internet yourself. The more you know about the internet, the better you will understand how your child uses the internet and how you can help them to stay safe online.

## What are the risks?

The internet opens up so many educational and social opportunities to children, giving them access to a world of information and experiences.

For most children and young people, the internet has become an integral part of their lives where they play video games, download music and videos and chat to people via social networking sites such as YouTube, Instagram, Snapchat, Whatsapp, Twitter and Facebook.

Using the internet can also expose your child to risks such as:

- Revealing personal information and/or contact details.
- Receiving upsetting texts or email messages.
- Being 'groomed' by an adult with a view to meeting a child for their own illegal purposes.
- Posting malicious details about, or inappropriate images of, other people on the internet (cyberbullying).
- Ignoring copyright law by downloading music or video material.
- Accessing age inappropriate illegal websites or those that incite hatred or violence.
- Using other people's internet identity to post malicious comments.

## What can you do?

- Get to know your child's online habits. Children are inquisitive and they will look to explore the internet as much as they do the real world. Knowing the sites they go on, the people they meet there and what they do, will help to keep your child safe.
- Keep the computer in a family room where you can monitor what is going on.
- Use a general family email address when signing up to websites, not the child's specific name.

- Advise them to only text, chat or webcam to people they know and to raise concerns if they are asked to do something they are uncomfortable with.
- Help your child to understand that they should never give out personal details to online friends they do not know offline.
- Discuss how people hide their identity online and the importance of never meeting new online 'friends' for real.
- Encourage them to think carefully about what photographs or videos they post online because they can be tampered with by others and never completely erased.
- Discuss the fact that taking and sending inappropriate images by mobile phone or email is a criminal offence.
- Install internet filtering software, showing a Child Safety Online Kitemark, on your computer.

The Kitemark scheme is sponsored by the **Home Office** and **Oftcom**.

