

## Online Safety – Helping Your Child Stay Safe

One of the best ways to help your children to be safe when using the Internet and new technologies is to talk to them about what they are doing. Make sure they feel able to talk to you. Let them know that it's never too late to tell someone if something makes them feel uncomfortable, including bullying. Cyberbullying and abuse are never acceptable and should always be reported.

Our half-termly newsletter for parents always includes an article on On Line Safety which you may find useful. In addition there are a number of useful websites that support parents/carers and young people in all aspects of staying safe online:

- [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)  
Childnet aims to empower parents to get involved with their children's online activities, whatever their level of experience, in order to help their children reap the benefits of the Internet and avoid the dangers.
- [www.getsafeonline.org](http://www.getsafeonline.org)  
This includes sections on protecting yourself and your family online, and information on children and young people and the Internet. There are lots of useful videos for all the family.
- [www.thinkuknow.co.uk/parents/](http://www.thinkuknow.co.uk/parents/)  
Here you will find lots of useful information including a 'Parents/Carers Guide to using the Internet', 'How can I help my child use their mobile 'phone safely' and much, much more.
- [www.bbc.co.uk/cbbc/topics/stay-safe](http://www.bbc.co.uk/cbbc/topics/stay-safe)  
This site provides informative activities for young people to help them stay safe when using modern technology.
- [www.digizen.org](http://www.digizen.org)  
The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS. It shares specific advice and resources on issues such as social networking and cyberbullying and how these relate to and affect their own and other people's online experiences and behaviours.
- [www.saferinternet.org.uk](http://www.saferinternet.org.uk)  
Tips, advice and resources to help children and young people stay safe on the Internet.
- [www.internetmatters.org/issues](http://www.internetmatters.org/issues)  
This is an independent, not-for-profit organisation to help parents keep their children safe Online.