

## Rules for Parents

### Keep Current

with technology. You don't have to be an expert, but a little understanding goes a long way towards keeping your child safe online. Get basic technical training and learn about new products as they're released.

### Keep Communicating

with your children about everything they experience on the Internet. Know their lingo, and ask when you don't understand something. Work to keep communication lines open.

### Keep Checking

your children's Internet activity. Know where they go online. Let them know that you'll keep checking because you love them, and you want them to understand that the Internet is a public forum and never truly private.

### Some useful Websites

[www.bbc.co.uk/cbbc/help/safesurfing](http://www.bbc.co.uk/cbbc/help/safesurfing)

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

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

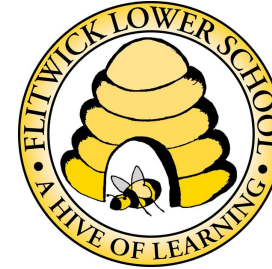
[www.parentscentre.gov.uk/  
usingcomputersandtheinternet](http://www.parentscentre.gov.uk/usingcomputersandtheinternet)

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

[www.gridclub.com/signup/parents/internet\\_safety.php](http://www.gridclub.com/signup/parents/internet_safety.php)

[www.kidsmart.org.uk/parents/](http://www.kidsmart.org.uk/parents/)

# Flitwick Lower School



## Internet safety booklet

At Flitwick Lower School we ensure that all children are well protected and supervised for their use of the internet.

This booklet is to provide help and advice on what parent, carers and children can do to ensure they are safe when they access the internet away from school.

April 2008



## Top 10 tips for keeping children safe online

**1 Keep the computer in a common room** in the house and position the monitor so it's available for public viewing.

**2 Establish rules** for using the Internet and teach your children important safety guidelines.

**3 Understand social networking.** Teach your children that people online are not always who they say they are. Popular social networking sites are a favourite hunting ground for predators. Teach your children how to use the privacy settings and to keep identifying information off their blogs.

**4 Tell your children to keep their personal information protected.** Children should never give their real name, address, phone number, the name of their school or a picture of themselves to anyone they meet online. NEVER let your children meet in person with anyone they've met on the Internet.

**5 Protect your children's passwords** and create generic names. Make sure your children don't have screen names or aliases that reveal their personal information, including their full name, age, gender, etc.

**6 Frequently check your computer's Internet history** and monitor your children's email account. Let them know you're checking these, why you're doing it, and talk about potential online danger.

**7 Spend time with your children online.** Have them show you their favourite sites.

**8 Teach your children cyber ethics.** For example, hacking into someone's computer is just as wrong as breaking into someone else's home.

You set rules, boundaries, and codes of acceptable behaviour in the real world; do the same for the virtual world.

**9 Be computer savvy.** Use antivirus, antispyware, and a fire-wall, and keep them current, but don't rely on them as your only line of defence.

**10 Teach your children to tell a parent, teacher or trusted adult** if they feel uncomfortable about anything they've seen on a computer. For more tips from the National Cyber Security Alliance, go online to [www.staysafeonline.org](http://www.staysafeonline.org).

## Rules for Children

### Keep Safe

Keep your personal information safe—all of it! Never give your real name, address, phone number, the name of your school, or a picture of yourself to anyone online.

### Keep Away

Keep away from Internet strangers—no matter what they tell you, because you have no way of knowing who they really are. Don't talk with them online, and never meet them face-to-face.

### Keep Telling

Keep telling your parents or a trusted adult about everything you see on the Internet. Always tell them when something makes you uncomfortable.