

# NORTH PRIMARY SCHOOL

## E-SAFETY LEAFLET



The children of today have increasingly started to use the internet and social media at younger ages. It is used both at school and home.

This leaflet will help you keep your child safe when using the internet.

I keep my children safe by placing restrictions on their content

I talk to my children about how to stay safe online



### TOP TIPS FOR CHILDREN

1. Never share your personal details including your name, address, phone number or school name.
2. Only communicate with people you know on the outside world.
3. Do not share images or photos of your self online.
4. Do not use your real name when playing online games.
5. Do remember people you meet online may not be who they say they are
6. **Never** meet up with anyone you have met online
7. Only email people you know and only open emails from people you know



I supervise my children when they use the internet.

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets. Social networking sites, messaging apps, gaming sites and chat rooms such as Facebook, Xbox Live, Instagram, YouTube, Snapchat.

Cyber bullying is rife on the internet and most young people will experience it or see it at some time. In our recent national bullying survey, 56% of young people said they have seen others be bullied online and 42% have felt unsafe online.

If you are a parent and are concerned about cyber bullying, you can contact Bullying UK through our support services, on 0808 800 2222

### E-safety

As social media has become a big part of everyday life we need to be aware of what our children are watching. Many apps and games have age restrictions and they are there for a reason. To protect the child as the content will NOT be appropriate. No children at North Primary should have a Facebook, Instagram, Snapchat, or Twitter accounts. Please see below for age restrictions.



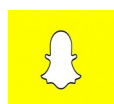
Facebook :13+



Twitter: 13+



Instagram:13+



Snapchat: 12+



I never give out my name or address online

## TOP TIPS FOR PARENTS

1. Place restrictions on tablets, I-Pads, I-Phones. Put passwords on or adjust privacy settings.
2. Supervise your children at all times. Be aware of what they are watching or playing
3. If your child has a phone restrict app download.
4. Talk to your child about how to stay safe online. Do they know how to report or block someone. Report any content that you may feel is illegal.
5. Limit the time they spend on the internet.
6. Use the websites below to get further advice.
7. Explore the internet together
8. Talk about the risks about meeting friends online.
9. Talk to them about NOT sharing personal information.
10. Make them aware about the risks imposed when posting or sharing photos.

I don't share my photos with anyone

### Computer Games

- Pan European Game Information (PEGI) Ratings show MINIMUM appropriate age!! This means your child should be at least that age to play it though it still may not be suitable for them.
- Some games allow multi-player. You can join forces with other players and battle against other groups. Because teammates can be worldwide this game can go on 24/7
- Violent Adult (18) games are worse then watching 18 rated movies because your son and daughter is the perpetrator of extreme violence and chooses the victim, weapon and method.
- Some games including a very popular game Grand Theft Auto has Rape, Drugs, Torture and prostitution in the game.

### TIPS TO KEEP US SAFE

- AVOID USING YOUR LOCATION WHEN POSTING A PHOTO OR A POST
- CHOSE DIFFICULT PASSWORDS AND KEEP THEM SECRET
- DELETE OLD SOCIAL MEDIA ACCOUNTS
- CHECK YOUR PRIVACY SETTINGS
- AVOID ADDING PEOPLE WHO YOU DONT KNOW.
- READ THE TERMS AND CONDITIONS OF ANY APPS YOU DOWNLOAD.

### Useful websites

<http://www.bullying.co.uk>  
<http://childline.org.uk>  
<http://www.ceop.police.uk>  
<http://www.internetmatters.org>  
<http://www.saferinternet.org.uk>  
<http://www.childnet.com>  
<http://www.parentinfor.org>  
<http://www.net-aware.org.uk>  
<http://www.preventforschools.org.uk>  
<http://www.360safe.org.uk>

If you would like to speak to someone you can contact national help lines.

**NSPCC-0808 800 5000**



0208 571 7749  
020 8574 0629  
admin@north.ealing.sch.uk