

Child friendly Rules

Children and young people follow
Childnet's **SMART** Rules

Safe— Keep safe by being careful not to give out personal information—such as your name, address or school name to people who you don't know or trust online.

Meeting someone you have only been in contact with online can be dangerous. Only do so with your parent's permission and even then only when they can be present.

Accepting emails, IM messages or opening files, pictures or texts from people you do not know or trust can lead to problems—they may contain viruses or nasty messages.

Reliable. Someone online may be lying about who they are, and information you find on the internet may not be reliable.

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried.

You can report online abuse to the police at
www.thinkuknow.co.uk

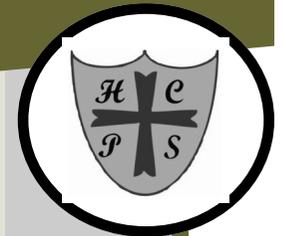
What are Holy Cross Boys' doing to help?

- All of the computers the children in Holy Cross Boys' have access to have a very high level of internet security. This is maintained by an organization called C2k who ensure that our children will not have access to any unsuitable materials.
- Teachers deliver an internet security lesson to the children at the beginning of each term (3 per year), revising rules of internet use and advise on what to do if they find themselves worried or annoyed about anything on the net.
- Parents and children are expected to sign an acceptable use policy, which, if broken will be taken very seriously and have serious repercussions.
- There are displays and posters around the school which the children have been involved in making, reminding them about the dangers and how to keep safe on the internet.
- There is a designated teacher and deputy designated teacher for pastoral care. The children are all aware they can approach these teachers at any time for a conversation.
- Rules of internet use are in place beside each computer.
- The children are taught good practice and see good examples of internet behaviour during each lesson. They are taught to keep a note of sites that they use and to evaluate whether they think the information on different sites is reliable.
- All our policies are available on the school website:
www.holycrossboys.belfast.ni.sch.uk

Holy Cross Boys'
Primary School

A guide for parents

Family Online Safety Guide



September 2011

A practical guide to help
you keep your family
safe online

Introduction

The internet is a wonderful and diverse place, it holds incredible resources and learning opportunities for the children of today. Yet for many parents it can be a place of trepidation. We sometimes are concerned about what or whom our children may encounter online, and how we can protect them with our own limited knowledge. Our children have grown up with the internet and it is important that we balance our concerns for their online safety with the sense of empowerment that learning from the internet can provide.



A happy and safe Holy Cross Boys' computer user.

Parents

The challenge for us, as parents, is to ensure we see the positive aspects of the internet while thinking about:

- How to protect our children online?
- What dangers lurk in social networking sites?
- How can we prevent cyber bullying?
- How can we talk to our children about these things when we may not really understand them?

Hopefully this leaflet and some of the websites we suggest will be a help to you answering these and other questions or worries you may have.

Key Recommendations

- Limit approved websites (save appropriate ones you have vetted into a favourites folder and teach the children how to access these).
- Limit hours spent online.
- Set high security settings with browsers, membership and social networking sites.
- Install and maintain internet security software and parental controls.
- Use parental controls to limit the web sites your child can visit.
- Monitor your child's computer use and sit with them when they are online as far as possible.

Glossary of internet terms

IM – Instant messenger. e.g. MSN Messenger, AOL Instant Messenger

Social Networking Site – A site where people can make friends & chat with others.
e.g. Bebo, Facebook

Acceptable use policy—a document with rules concerning the use of the internet that the user signs, similar to a contract.

Software—things that you can buy to add on to your computer e.g. games, security.

E-mail—Electronic mail. e.g. hotmail, yahoo.

You Tube—An online site which has thousands of home videos available to view.

Online Help and Advice

Below is a list of websites you might like to look at to advise you further. There are also some designed for children to teach them about the dangers of being online.

www.thinkuknow.co.uk

www.chatdanger.com

www.kidscape.org.uk

www.childnet.com

www.kidsmart.org.uk

www.digizen.org

- Talk about protecting private information (name, phone number, etc.) and never sharing passwords with friends.
 - Frequently check your computer's internet history to see the sites your child has visited.
 - Monitor their e-mail and instant messenger accounts to see who they communicate with. (Let your child know you are doing this so trust will not be broken).
 - Set rules about online communication, illegal downloading and cyber bullying.
 - They should know never to click a link on an e-mail or IM—this is a common way viruses are spread.
 - Keep computers in a common area in the house.
 - Encourage open communication and encourage your children to tell you about anything online that makes them feel uncomfortable.
 - Be a good role model for your child regarding online behaviour.
 - Never get cross online or write messages in anger. Wait until you have calmed down to respond if you are angry. Remember that everything put on the internet is there forever.
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