

ON LINE AT HOME

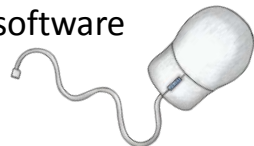
The **GOLDEN** Rules



1. Talk to your child about what they are up to on line. Be a part of their online life and show an interest. Find out what they enjoy doing on line.
2. Keep up to date with your child's development online. If your confidence is low, ask your child to teach you!
3. Encourage your child to go online and explore. There are loads of age appropriate sites for children.
4. Keep all equipment with an internet connection in a family space and not in your child's bedroom. You'll be there for them when they stumble across something they don't want to see.
5. Set the boundaries in the online world like you would in the real world. Very important to develop at a young age.
6. Know what connects to the internet and how.

Microsoft make a good, free control software for an internet filter. Visit:-

<http://tiny.cc/usk3vw> to download.



MOBILE PHONES

WHAT CAN PHONES DO?



- Access the internet
- Take photos, share photos and video
- Chat with instant messenger, video and text
- Share your location
- Play games
- Add and buy apps



MANAGING USAGE

- Set boundaries and monitor usage – this doesn't mean spying. Just be clear about what is and what isn't ok. Charge phones in the living room so they can't take them to bed with them.
- Discuss what they can share – discourage sharing personal information over instant phone messaging
- Cost! Phones can be really expensive. Make your child aware of the financial responsibility of owning a phone.

GAMES CONSOLES

FOUR THINGS...

- Check the ratings – consider your child's personality, maturity and ability. Video games ratings provide guidance.
- Play video games with your children – playing and observing will help you to understand your child's video game experience.
- Use parental controls – newer video game systems allow restrictions by rating.
- Moderation – appropriate games are great in small doses.

There are really big social and emotional development risks associated with unlimited violent video game usage.

Playing outdoors is a form of exercise that promotes well being and wholesome physical development. Children are naturally drawn to active play outdoors; it allows them to develop muscle strength and imagination.



CYBERBULLYING



Cyberbullying is the use of the internet and related technology to harm other people in a deliberate, repeated and intimidating manner.

Since 2003, Cyberbullying is a crime in England and Wales. Children have been prosecuted successfully for this.

HOW TO DEAL WITH CYBERBULLYING

- Your child is as likely to be a bully as a target. Talk to them and be aware of any relationship changes with their friends.
- Talk to your child and understand how they use the internet and their phone.



- Remind your child not to retaliate.
- Report any issues to us at School – we can act as a mediator and take appropriate action.
- Keep any evidence – messages, screenshots of chats, texts, note down the time and date.

REMEMBER

The internet is a brilliant resource for learning, amongst other things.

E-Safety is about being positive about the good things the internet has to offer and to show an understanding of how our children use the internet, managing the risks to which they are exposed (just like we try to do in everything else).



E SAFETY
AT KINGSWAY
COMMUNITY TRUST

