



Safety in a  
Digital World:  
Guide for  
Parents/Carers

## Safety in a Digital World: Guide for Parents/Carers

- You were taught road safety,
- You were taught rail safety,
- You were taught to play safely.

**But now we are in the 21st Century and your children need to be taught e-safety**

Children access the Internet on:

- Computers  
Mobile phones
- Games  
Music systems  
consoles
- And they play games online with friends and strangers

They blog, chat, enter competitions, social network, email, watch TV online, download and upload information. They are creative at making music, making films and making web content.

**Are you worried about their safety whilst accessing the internet?**

This leaflet will provide you with some basic information to help you feel more confident in supporting your child to be e-safe.

### **The Benefits of Digital Technology**

There are many benefits of having access to digital technologies. Here are some of them:

- Used effectively, these can improve children's achievement.
- Using them at home and at school develops skills for life.
- Children with supportive and involved parents and carers do better at school.
- Children enjoy using them.
- Using technologies provides access to a wider and more flexible range of learning materials.

### **Staying Safe**

You can make a huge difference if you talk to your child about how they use digital technology, let them know you are there to guide them and pass on essential safety advice. Here are some do's and don'ts:

- Do keep your computer in a place where everyone can use it, go online with your child so you can see what they are doing on the internet.
- Do remind them that everyone they meet online is a stranger even though they might seem like a friend.
- Do encourage your child never to meet up with someone they make friends with online. But if they do then make sure they take along an adult you trust and to meet in a public place.
- Do explain that they shouldn't accept emails or open files from people they don't know.
- They may contain viruses, nasty messages or annoying links to things you don't want them to see.

- Do be aware that your child may as likely be a cyberbully as be a target of cyberbullying. Be alert to your child seeming upset after using the internet or their mobile phone.
- Do talk to your child so they know they can come to you if they run into any problems.
- Your continued involvement is the best way of keeping your child safe.
- Do make clear what content and behaviour is acceptable check that sites are age appropriate.
- Do give your child the knowledge and skills to build up resilience to the things they find online, help them to play and learn safely.
- Do consider using filtering software and agree ground rules about what services you are happy for your child to use.
- Do know how to complain.
- Don't allow them to give out personal information. That means full name, home or school address, telephone number or personal email or mobile number.
- Don't allow your child to access inappropriate sites.

#### If you want to find out more

- A guide for parents about the potential dangers facing their children on the internet, plus advice on what parents can do to help counter these hazards: [www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/Internetsafety](http://www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/Internetsafety)  
Find the latest information on web sites, mobiles and new technology. Find out what's good, what's not and what you can do about it: [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)
- The UK Council for Child Internet Safety (UKCCIS) brings together organisations from industry, charities and the public sector to work with the Government to deliver the recommendations from Safer Children in a Digital World consultation: [www.dcsf.gov.uk/ukccis](http://www.dcsf.gov.uk/ukccis)
- Childnet International is a non-profit organisation working with others to help make the Internet a great and safe place for children: [www.childnet-int.org](http://www.childnet-int.org)  
The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children about internet safety: [www.ceop.gov.uk](http://www.ceop.gov.uk)
- Or call 01482 616719 for further help and guidance.
- Teach your child the internet safety code, Click Clever, Click Safe. Zip It – Keep your personal stuff private and think about what you say and do online Block It – Block people who send you nasty messages and don't open unknown links and attachments. Flag It – Flag up with someone you trust if anything upsets you or if someone asks to meet you online.