e-safety

It is important to ensure that you are aware of how your child is using computers and other technological devices. If they have access to the internet it is important that your child is kept safe and you know exactly what sites they are using.

Here are a few useful tips to help:

- Facebook recommend that no one under thirteen years of age should have a social media page.
- Help your child to understand that they should never give out personal details to online friends that they do not know offline.
- Explain to your child what information about them is personal i.e. email address, mobile number, school name, sports clubs, arrangements for meeting up with friends and any pictures or video of themselves, their family or friends. Small pieces of information can easily be pieced together to form a comprehensive insight into their lives and daily activities.
- Make your child aware that they need to think carefully about the information and pictures they post on their profiles. Inform them that once published online, anyone can change and share these images of them.
- It can be easy to forget that the internet is not a private space, and as a result, sometimes young people engage in risky behaviour online. Advise your children not to post any pictures, videos or information on their profiles, or in chat rooms, that they would not want their parent or carer to see.
- If your child receives ‘spam’ or ‘junk’ emails or texts, remind them never to believe the contents, reply to them, forward them or use them.
- It is not a good idea for your child to open files that are from people they do not know. They will not know what they contain – it could be a virus or worse – an inappropriate image or film.
- Help your child to understand that some people lie online and that , therefore, it is better to keep online friends online. They should NEVER meet up with strangers without an adult they trust.
- Always keep communication open for a child to know that it is never too late to tell someone if something makes them feel uncomfortable.