

Our top ten e-safety tips

(that we share with the children)

1. **Passwords** - always keep your id and password safe. Change your password if you think someone knows it. "Treat your password like your toothbrush".
2. Never give out **personal information** such as real name, password, phone number address or school - use nicknames if you need to.
3. Be careful what you **post**. Be careful about what you say in chatrooms, remember whatever you post stays there like writing in permanent marker (digital footprint).
4. Never agree to **meet** anyone in person that you know from online - it may be an adult posing as a child. (if you do, make sure it's in a public place and take your parents with you).
5. Always get the other person's **permission** before you share their information or pictures.
6. **Tell** your parents if you feel uncomfortable or if you are being bullied online -Don't answer something that makes you uncomfortable: Don't respond, save message, tell an adult.
7. Don't **download** and install any software without asking your parents.
8. Don't **open** any email if you don't know who it is from, even if it addressed to you (it could send a virus to your computer.)
9. When gaming online remember these tips still apply.
10. If it sounds too good to be true it probably is! (spam e-mails)



If you wouldn't say it to a parent, then don't say it online.

An e-safety guide for parents and children.

Staying safe online

A caring e-community

CEOP

THINK U KNOW

Ballaugh School - E-safety guide for parents

Ballaugh School is committed to embracing developments and advances in technology, realising the potential benefits of emerging technologies.

Social Networking

Whilst we realise and appreciate the benefits offered by social networking sites and provide a safe space called "IT's Learning" to help children develop good online habits -

Did you know?

- **Facebook, Twitter and others** have set a minimum age limit of 13 for their users.
- **Instagram** requires everyone to be at least 13 years old before they can create an account
- **You Tube** states that it is not designed for anyone under 13 years and also states that you must be 18 to create an account.
- **Fortnite**, although a game, can facilitate communication between players and has an recommended age rating of 12 due to "frequent scenes of mild violence".

These age restrictions have been imposed for good reasons and should be considered seriously when protecting your child online. Age restrictions and safeguards are provided to protect children and we need to think carefully before allowing our children to ignore them.

All sites and games can have adults pretending to be children and you should make yourselves aware of the safety restrictions needed e.g. safe chat modes.

Top tips checklist for protecting children and decreasing the risks they face, or will face, when it comes time to go online:

1. Talk to your child about what they are doing/viewing online. Get them to show and teach you about new sites they are viewing and take time to explore these yourself.
2. Locate internet ready devices (laptops, computers, ipads, tablets, ipod touches, games consoles etc) in a family part of the home rather than your child's bedroom so you can keep an eye on what your child is doing.
3. Set up parental controls on internet ready devices your child uses, including games consoles. (eg google safe search)
4. Encourage your child to tell you if they are worried about something online.
5. For older children, encourage the use of the Ballaugh School's It's Learning e-portal site as an alternative to social networking sites.
6. Make yourself aware of the potential dangers associated with children using the internet.
7. Know where to get help if you are concerned about your child online.
8. Consider limiting the amount of time your child spends using electronic devices as overuse of these types of devices can limit children's development and stifle creativity, taking the place of friends, home learning and other activities.
9. Did you know that internet providers do not filter the content that can enter your house? It's up to you to set these up.



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