

# E-Safety Guide



**How to keep  
your children  
safe online**

## E-Safety guide: How to keep your children safe online

*“My parents don’t really know or understand so I can do what I want online.”*

*“I press minimise when I hear my parents coming and have some maths websites open so they cannot see what I am doing.”*

These are just some of the quotes from your children regarding their use of the internet at home. With a growing number of children able to access the internet on computers and handheld devices, it is vital that both you and your children are aware of how to stay safe online.



### THE FACTS...

- 67% of children have talked to someone online that they do not know.
- Many children upload pictures of themselves in school uniform, so the person they spoke to knew which school they went to and their name.
- 1 in 4 of 8–11-year-olds has a social media profile.
- 1 in 4 children have experienced something upsetting on social media.
- 1 in 3 internet users are under the age of 18.

- **Explore the internet/new apps together** – this is especially useful to start with younger children.
- **Make use of parental controls** – many devices and websites (including YouTube) allow for you to put restrictions on what content is shown on that particular device
- **Initiate and continue conversations around online safety** – this can help particularly when children feel like they seen something online that they are unsure about
- **Help your child identify adults who can help**
- **Talk to you child about how their online actions can affect others**



Should you or your child come across something that needs to be reported (e.g., harmful/inappropriate photos, videos or messages), then these can be reported through the Child Exploitation and Online Protection (CEOP) website. A link for this can be found on our school website:

- Go to [wexhamprimary.com](http://wexhamprimary.com)
- Click on the 'Parents' tab
- Select 'Safeguarding'
- Click on the CEOP button (this will take you directly to the CEOP website)



### Meet the Team



The CEOP Command (formerly the Child Exploitation and Online Protection Centre) works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account. We protect children from harm online and offline, directly through NCA led operations and in partnership with local and international agencies.

For further information about Child Safety, E-Safety, or to contact the CEOP, click on the icons below.



All children in Wexham Court will be familiar with the SMART rules surrounding E-safety:

- ✓ **Safe** – Keep your personal details
- ✓ **Meeting** – Meeting up with someone you only know online can be dangerous.
- ✓ **Accepting** – Opening messages, files, photos etc. from people you do not know can lead to computer viruses
- ✓ **Reliable** – Information on the internet may not always be true, including who people say they are
- ✓ **Tell** – Tell a trusted adult if something makes you feel worried or uncomfortable online



**S SAFE** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online. 

**M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. 

**A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages! 

**R RELIABLE** Information you find on the internet may not be true, or someone online may be lying about who they are. 

**T TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.   
You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) 



**Further information around children's online safety can be found:**

[www.childnet.com](http://www.childnet.com)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.NSPCC.org.uk](http://www.NSPCC.org.uk)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

[www.ceop.police.uk](http://www.ceop.police.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.wexhamprimary.com](http://www.wexhamprimary.com)

Twitter: @wexhamPS