

## Further information:

### BBC WebWise

[www.bbc.co.uk/webwise/course](http://www.bbc.co.uk/webwise/course)  
Online, using the internet course.

### Chatdanger

[www.chatdanger.com/](http://www.chatdanger.com/)  
Information on potential dangers on interactive services online, like chat, IM, online games, email and on mobiles.

### CyberQuoll

[www.cybersmart.gov.au/cyberquoll/index.html](http://www.cybersmart.gov.au/cyberquoll/index.html)  
Cyber safety activities.

### Sorted: Keep your information secure online

[www.childnet-int.org/sorted/](http://www.childnet-int.org/sorted/)  
Advice and information on computer security issues in a practical and simple way.

### Think U Know

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



[St.Helens Council](http://www.sthelens.gov.uk)

**Contact Centre**, Wesley House,  
Corporation Street, St.Helens WA10 1HF

**Tel:** 01744 676789

**Minicom:** 01744 671671

**Fax:** 01744 676895

**Email:** [contactcentre@sthelens.gov.uk](mailto:contactcentre@sthelens.gov.uk)

→ [www.sthelens.gov.uk](http://www.sthelens.gov.uk)

Please contact us to request translation of Council information into Braille, audio tape or a foreign language.

[thedesignstudio@sthelens.gov.uk](mailto:thedesignstudio@sthelens.gov.uk) 1101172M



# E-SAFETY ADVICE AND INFORMATION



## A Parent's and Carer's Guide to E-Safety in the Home



St.Helens  
**Safeguarding**  
Children Board



St.Helens  
Council

**We all care about what our children are doing online.  
 We want to use technology to have fun using the internet.  
 We all want to act safely and responsibly.**

This leaflet is intended to give advice on the main issues that have been expressed by parents and carers in St.Helens with regard to internet safety.

## Online Safety



Think carefully before you post as this leaves people open to unwanted contacts.

Keep personal information private

Make sure you know who your children are talking to online

Warn them of the dangers of communicating with strangers online.

You could lose control of it. People can copy and use it for their own purposes.

Be aware of placing images on the internet

Online safety guides

Be aware of the help and support available.

Social networking sites have age restrictions

Be aware of the age restrictions before letting your child have access.

Block unwanted people

If you are unhappy with the content of the online conversation.

Add the CEOP 'Report' button to your home page.

Report abuse

## Managing the technology



When transmitting live images over the internet, it isn't always possible to know who is viewing them.

Be aware of visual communication technologies such as web cams and Skype

Think about where the internet is accessed in the home

It is better to have the computer in a public place in the house, but be aware that the internet can be accessed by mobile phones and games consoles.

This will allow you to limit the information which is shared and with whom it is shared.

Activate security and privacy settings

Password protection

Always use a secure password to protect your information. Agree with your child that their login and password are shared with you.

Use anti-virus and parental monitoring systems

Helping to protect your computer against viruses. Parental controls enable you to monitor your child's online use.

## Managing internet use at home



Set a maximum time for work and social use of the internet.

Ask your children to show you how they use the internet

Be aware that children and young people use the internet for a variety of things, including school work.

Agree time limits

Encourage your children to talk to you if they have a problem

Sometimes children can come across things by accident on the internet. Encourage them to let you know if this happens.

Use the St.Helens pupil e-safety guide as a starting point for discussion.

Agree rules with your children