In school, Internet access:
- is supervised by adults
- is controlled by sophisticated software that filters viruses and blocks sites

Internet safety is taught by ICT teachers

Is it the same at home?
Do you know what your child does on the Internet?

INTERNET SAFETY

The problems:

Grooming
- o The 'grooming' of youngsters by paedophiles on the net remains rare, but it's important to be vigilant. An adult with ill intent using a social networking site can become anyone they want to be when online - a 15-year-old girl looking for mates with the same taste in music, for example.

Bullying
- o Despite its lower profile, Internet bullying occurs more frequently than grooming. Threats, harassment and psychological torment via email or in a virtual chatroom can have a devastating effect on a child

What you need to know

Chat and instant messenger
- 'Real time' chatting online. Chatroom or messenger with 1:1 chat with someone on a buddy list. Eg ICQ, AIM, MSN, Jabber

Blogs (weblogs), forums and social networking sites
- A website where messages, pictures or videos are posted on a regular basis. Like on online diary eg Bebo, MySpace, FaceBook

Mobiles
- For communicating via phone calls, text messages. Can be used to take/send photos and videos. Can now also be used to access the Internet and TV (possibly without teacher and parental supervision).
- Bullying by text messaging (and email) is increasing and can be particularly distressing for young people.
- Video and picture messaging is increasingly causing concern as it is very easy for inappropriate images to be shared around a number of phones or even put online, where it is impossible to get back.

Some simple rules to follow for Internet safety
- Learn as much as possible about what your child does online.
- o Ask them to show you the sites they visit, to tell you how they work and who they exchange messages with. They could show you who is on their contact lists. Make sure they know there's often a minimum age for those contributing to social networking sites (eg 13 on Bebo and 14 on MySpace).

- Explain to your child that they shouldn't give out personal information to people they meet on the Internet
    - Stress that although they may think of them as friends, there's a risk (however small) that they're not who they say they are.
    - Telling strangers their age, phone number, address, messenger ID, email address - even their gender - could play into their hands.
    - And they should never post a photograph of themselves.
    - Look together at the NCH Net Smart rules and agree that your child will stick to them.
- Help your child to understand that some people lie online
    - Remind your children that they should never meet up with someone that they have met online without you or another adult going with them.
- Talk to other parents about the rules they have for their children.
    - Your child may know not to post a picture of themselves on a networking site, but that doesn't stop their friends posting group photos that include them.
- Be aware of how, when and where your child uses the net.
    - This will help you to spot any significant changes - for example, if they spend much longer online than usual, or start using the Internet only away from home. This may well be nothing more than typical adolescent behaviour, but at least you'll be alert to other possibilities.
- Look out for changes that may signal your child is being bullied or abused. These can include loss of confidence, withdrawal from family life, anxiety or argumentativeness, insomnia or lack of concentration.
    - Discuss this with Mr Hudson or Miss Owen if you are concerned.
- Talk to your child about the type of site they may stumble across either accidentally or if curiosity gets the better of him. You may find it an uncomfortable topic (and they almost certainly will) but experts at NCH say it's much more sensible to discuss with your child the possibility that they'll encounter pornographic material on the Internet That way they should feel more able to turn to you if they feel things are getting out of hand - and they'll be much less vulnerable to abusers urging them to keep secrets.
- If your child receives spam / junk email & texts, remind them never to believe them, reply to them or use them.
    - It's not a good idea for your child to open files that are from people they don't know. They won't know what they contain - it could be a virus, or worse - an inappropriate image or film.
- Consider installing parental control software on your computer that allows you to block access to certain types of website or to log your child's Internet activity. It can also prevent email traffic from undesirable sources. More information is available from the Internet Content Rating Association (see below).

- Check the history of sites your child has visited, and be explicit that you'll do this regularly. If the history has been deleted, ask them why.
- Speak to your Internet service provider about its policy on chatrooms.
  - Are they moderated (monitored constantly) by fully trained adults to minimise the risk of bullying or abuse? It's never a good idea to allow children on to unmoderated sites.
- Don't panic if you discover any record of inappropriate pictures or conversations on a computer after your child has used it. Talk to them if you're worried and seek help if you're not reassured by what they tell you. Sources of information and advice include the NSPCC (0808 800 5000) and ChildLine (0800 1111).

Important sites

RULES
- NCH Net Smart rules
  http://www.nch.org.uk/information/index.php?i=135

ADVICE
- CEOP http://www.ceop.gov.uk/get_advice.asp
- http://www.thinkuknow.co.uk/
- http://www.netsafe.smallmajority.co.uk/netsafe_video.html#
- http://www.bbc.co.uk/chatguide/
- http://www.kidsmart.org.uk/

FILTERS
- ICRA (Internet Content Rating Association) http://www.fosi.org/icra/
  - ICRAplus filter http://www.icra.org/icraplus/filters/
- GetNetWise http://www.getnetwise.org/

VIRUS FILTERS
- http://www.pcworld.co.uk/
- Norton http://www.norton-online.com

Checking browser's history (Internet Explorer)
- Click on "View" then "Explorer Bar" then "History".
To adjust the number of days kept in the history:
- Click on "Tools" then "Internet Options". Under browsing history select "Settings" and adjust the number of days in the section at the bottom under "History".