

# Be share aware

Talk about what's OK, and not OK, to share online

Talk to your child about what 'personal information' is - such as email address, full name, phone number, address and school name - and why it's important.

Explain simple ways to protect privacy. For example, avoiding usernames like birthdates or locations that give away too much information.

Discuss images and photos, and what might be appropriate. Help your child understand how photographs can give people a sense of your personality, and that sharing the wrong kind of image can give the wrong impression.

Explain that it isn't easy to identify someone online. People aren't always who they say they are, so don't share personal information. If it's someone who genuinely knows your child, they shouldn't need to ask for personal information online.

Tell your child that if they're in any doubt they should talk to you first.



**S**

## Safe

Keep safe by not giving out personal information when chatting or posting online. Personal information includes your email, home address and phone number

**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 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 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)



# What do my children do online?

Children and young people go online to connect with friends, and make new ones, to browse the internet for information, chat with others and play games. They may:

- » Search for information or content on search engines like Google and Bing
- » Share images and watch videos through websites or mobile apps like Instagram, Pinterest, Vine and YouTube
- » Use social networking websites like Facebook and Twitter
- » Write or reply to messages on forums and message boards
- » Play games alone or with others through websites, apps or game consoles
- » Chat with other people through online games, game consoles, webcams, social networks and tools like WhatsApp

When online, children and young people can learn new things, get help with homework, express themselves creatively and connect with friends and family.

There are also risks, but by understanding and talking about the dangers you can help keep your child safe online.

# Explore sites and apps together

Talk about what might be OK for children of different ages. Ask your child what sites or apps they like. Write a list, and look at them together.

Be positive about what you see, but also be open about concerns you have: "I think this site's really good" or "I'm a little worried about things I've seen here".

Talk to your child about what you think is appropriate – but also involve them in the conversation. Ask what they think is OK for children of different ages – they'll feel involved in the decision-making.

Be aware that your child might talk about friends who use apps or visit sites that you've decided aren't suitable. Be ready to discuss your reasons, but recognise that they may not agree with you. Listen carefully for the reasons why.

Go through a final list of sites you both agree are OK, and work out when you'll next discuss it.

# Ask about things they might see online which make them feel uncomfortable

Talk about things they, or their friends, have seen that made them feel uncomfortable:

- » Be specific. What exactly made them feel uncomfortable and why? Is it people or animals being hurt? Nasty comments about others?
- » Link these to things in the real world, and explain that you're always here to protect and help them online and off
- » Reassure your child that they can always talk to you about anything that makes them feel uncomfortable
- » Show them how to report or block on the sites and apps they use. Use Net Aware to find out how
- » Tell them you'll help them to report anything upsetting they've seen, or to deal with online bullying.