

## Advice for Parents

### E-Safety

This can also be called 'internet **safety**', 'online **safety**' or 'web **safety**'. **E-safety** is often defined as the safe and responsible use of technology. This includes the use of the internet and also other means of communication using electronic media (e.g. text messages, gaming devices, email etc.)

<https://www.thinkuknow.co.uk/parents/>

<https://www.internetmatters.org/>

### Cyberbullying

**Cyberbullying** is the use of cell phones, instant messaging, e-mail, chat rooms or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone.

<http://www.childnet.com/parents-and-carers/hot-topics/cyberbullying>

<https://www.internetmatters.org/issues/cyberbullying/>

### Sexting

The legal **definition of Sexting** is the sending of digital text messages containing suggestive, provocative, or explicit sexual photographs.

<http://www.childnet.com/parents-and-carers/hot-topics/sexting>

<https://www.internetmatters.org/issues/sexting/>

### Social Media

This is websites and applications that enable users to create and share content or to participate in social networking (Facebook, Instagram, Musically). It is very important that we safeguard our children from some of the dangers these sites potentially have.

<http://www.childnet.com/parents-and-carers/hot-topics/social-networking>

<https://parentzone.org.uk/advice/social-media-apps>

### **Advice for children**

The sites below have fun activities for you to play, they show you how to use the internet safely, what is good and what's not and they show you ways in which you can get yourself out of bad situations.

#### **5-7 year olds**

[https://www.thinkuknow.co.uk/5\\_7/](https://www.thinkuknow.co.uk/5_7/)

#### **8-10 year olds**

[https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)

### **Reporting online abuse**

Has something happened online that has made you feel worried or unsafe? If so, report it by using the website below

<https://ceop.police.uk/safety-centre/>