

How to Keep Your Children Safe on the Internet

All children need help from adults in order to keep them safe on the internet. Even if you think you know less than them about the online world, you can still teach them how to act safely.



Below are a few tips to guide you:

- Talk to your children - Tell them to be careful about what they post online, who they talk to and become friends with, and how they communicate with them
- Ask your children to teach you about the digital world
- Block inappropriate websites
- Many computer games aren't suitable for young children - check the ratings
- Agree on screen-time, so that your children don't spend all their time on digital devices
- Find out what different devices can do and whether they are suitable for your child
- Report abuse when you see it



If requiring further details, please feel free to contact:

Your child's School or

The St Helena Safeguarding Directorate on tel: 23312 or at the following email address:

socialservicesreferrals@helanta.co.sh



STAYING SAFE ON THE INTERNET A GUIDE FOR PARENTS AND CHILDREN



The internet offers many social and educational benefits but if not used responsibly children and young people can expose themselves, knowingly and unknowingly, to a number of risks.

If parents talk to their children about potential online dangers, and monitor their internet use, you will help them to surf the web safely.

How to Use the Internet Safely

In today's digital age more and more young people are using the internet. While the World Wide Web may be an amazing resource for information and a great place for social interaction, if not used safely it can be full of many dangers. To stay safe on the internet, the following tips will come in handy:

- Choose strong passwords and never give out your password to anyone
- Be mindful and keep privacy settings high
- Don't fall prey to phishing scams
- Limit the information you share on social media and think carefully before posting anything online
- Secure your wireless router
- Turn off file sharing and network discovery when using a public wireless network
- Only download files and software from trusted sources
- Do not open suspicious email attachments or emails from people you don't know
- If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website and tell an adult
- Don't respond to nasty messages or anything that makes you feel uncomfortable

Staying Safe on Social Media

Online Social Networking is a global revolution, enabling more than a billion people worldwide to stay in touch with their friends, share experiences and photographs and exchange personal contact. Social Networking has such an extensive user base, therefore it carries a degree of risk especially if not used wisely. To avoid these risks, you can follow these few sensible tips:

- Don't let peer pressure on these sites convince you to do something you are not comfortable with
- Pick a username that does not include any personal information
- Use strong passwords and keep privacy settings high
- Keep your profile closed and allow only your friends to view your profile
- Don't post anything you don't want others to see. What is posted on the internet lives forever (even if later you remove a picture, it may have been copied and posted elsewhere)
- Tell a trusted adult if you receive messages that make you feel uncomfortable, or if you get messages from people you don't know
- Remember, messaging & posting is instantaneous - once you have sent or posted something online, you cannot take it back
- Not everyone on social media is who they say they are

How to Protect Yourself from Online Bullying

Online or Cyber Bullying is deliberately hurting someone's feelings using information and communication technology such as mobile phones, instant messaging, blogs, social networking sites etc. You can protect yourself from online bullying by:

- Hiding your personal details, such as real name, home address, family details etc
- Logging off the site where the bullying is happening
- Blocking emails and messages. Don't respond to bullies
- Setting networking sites and profile settings to 'Private'
- Saving 'nasty' links, texts, messages and emails to show an adult
- Never open messages from someone you don't know
- Always asking permission before revealing someone else's details
- Only giving details to trusted friends you know in real life
- Changing your password often

