

The Facts

- You will only ever hear the “dark side” of e-safety in the media.
- **Billions of successful and positive uses of the internet happen every minute of every day.**
- Children need to understand why something is not safe...it is no good just blocking it... they **will** find a way!
- **Your child’s school will have an Acceptable Use policy. You might consider having one at home too. It will need to change over time, but the good practices taught in school apply to the home too.**
- There are a number of leaflets like this to help with a range of e-safety issues. Please remember, the world of e-safety is never still, and by working together, we can make the world a safer place.
- **You have a right (some may say a duty) to monitor the use of your internet connection at home.**
- Access to the internet, both in school and out, is not a right, it is a privilege.
- Everyone is committed to stamping out abuse wherever it is found.
- **Together, we can make everyone in East Sussex E-Safe.**

E-Safety at home

5 Do’s and Don’ts for an e-safe environment.

(For parents, carers and Childminders)

Having an e-safe environment is not as daunting as it may seem.

Although the opportunities for connecting with others using technology is vast, and growing all the time, parents, carers and other responsible adults can make the environment safe with these five **Do's** and **Don't's**

Do have your computer(s) in a public place whenever possible. There may be a good reason why a young person wants a computer in their bedroom or another private area, in which case you should agree an "Acceptable Use Policy". Your child's school can let you have a look at theirs. "Acceptable Use" should be a statement of shared values – discuss what your family's internet connection can and cannot be used for. You should also discuss what to do if something happens that makes anyone feel unhappy, threatened or uncomfortable.

Don't assume that asking children to show you what they do online or setting up monitoring software or generating usage reports is spying. You have a right, some may say a responsibility to know what is coming into your home through the internet. It is your connection after all. When you ask a child to show you round a website they like, or their social networking site, note where they **don't** click as well as where they do.

Do limit the time young people can spend online. Research indicates that some

children can get addicted to internet gaming, or other online activities such as social networking. Setting up a user account for your child is quite straight forward and when you do that, you can limit when their internet browser will work.

Don't assume that, just because you may have a "walled garden" internet service provider (as schools do) or some kind of filtering in place that the children you care for cannot find a way round it! Children are naturally inquisitive and the quickest way to make them want to go somewhere they shouldn't is to block it. **They will find a way.** It is far better to explain to them why something is not good for them in a way that they will understand it. Recent Ofsted reports show that where a "locked down" approach to the internet is adopted, children do not learn to apply safe practices.

Do (and this can be hard going) always remember that the advantages in living and working (and playing) in a connected world far outweigh the disadvantages. There are 44 million people with internet access in the UK. Just imagine how many totally successful and beneficial internet activities have happened since 9:00 this morning! Good news does not sell papers. You will only ever hear about the horror stories from the media. There are more advantages than disadvantages. All you need to do is to be sure that you have good systems in place for if something goes wrong.

Don't let yourself be swayed by pressure to allow children to have something that they should not have. There is enormous pressure out there to have one particular Social Networking site that has an age limit of 13. **This limit is there for a reason.** There are social networking sites specifically for younger children.

Do talk about e-safety in the home, and talk about it often. Talking about it is the best way possible to ensure everyone knows what is expected, and to keep everyone safe.

Don't assume that it is easy for children to tell you if they have seen something online that has upset them or made them feel uncomfortable. Put yourself in their place. How easy is it for a child of 11 to tell even a mum or dad that they have seen a sexually explicit image or website. This is not an easy thing at all and research indicates that less than **50% of children seeing such images or content tell anyone about it.** Above all, if your child tells you that they have received, or even sent some nasty messages don't overreact.

Do make use of the tools built into Internet Explorer 8 by CEOP called **Zip it, Block it, Flag it.** They empower young people to do something about it there and then

Don't panic! You are not alone and there are plenty of people you can go to for help, support.