

## Useful phone numbers (cont.)

O2 & NSPCC online safety help (for technical advice on setting up privacy settings and parental controls) 0808 800 5002

Childline 0800 1111



## Useful websites

NSPCC

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety)

internet matters.org

[www.internetmatters.org](http://www.internetmatters.org)

childline

[www.childline.org.uk](http://www.childline.org.uk)

BullyingUK  
that's family lives

[www.bullying.co.uk/cyberbullying](http://www.bullying.co.uk/cyberbullying)

THINK  
UP  
KNOW

[www.thinkuknow.co.uk/parents/Get-help](http://www.thinkuknow.co.uk/parents/Get-help)

GET  
SAFE  
ONLINE

[www.getsafeonline.org](http://www.getsafeonline.org)

Childnet  
International

<https://www.childnet.com/>

CEOP  
of Her Majesty's  
Crested  
Police  
Force

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

IWF  
Internet  
Watch  
Foundation

[www.iwf.org.uk](http://www.iwf.org.uk)

[www.kingsfurlong.net](http://www.kingsfurlong.net)



# Internet safety guide

Children love using the internet, they use it to play, learn, create and connect, in ways many of us find unimaginable. But like all technologies, using the internet can present risks, not only to children and young people, but also to us adults.

The answer to keeping children and young people safe on the internet is by educating them how to use it properly and who to tell if anything makes them feel threatened or uncomfortable. You wouldn't let a child cross the road alone without teaching them how to do it safely, so why let them loose on the Internet without explaining some of the dangers?

Kings Furlong Junior School takes internet safety very seriously and implements many safety features to keep children safe when using the Internet in school; however, we do not have any control over how children use the internet at home or, increasingly, via mobile technologies. We believe in working together with parents to keep children safe online, so we have developed this leaflet to signpost ways you can make sure your children are using the internet safely at home.

Inspire learning | Develop character | Build community | Give whatever it takes

## Internet safety checklist\*

- **Agree boundaries**

Be clear what your child can and can't do online – how much time they can spend online, the sites they can visit etc.

- **Explore together**

Ask them to tell you about what they do and what sites they like. Talk to them about being a good friend online.

- **Put yourself in control**

Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts are password-protected.

- **Use airplane mode**

This prevents your child making any unapproved purchases or interacting with anyone online without your knowledge.

- **Stay involved**

Encourage them to use their devices in a communal area at home, so you can keep an eye on how they are using the internet.

- **Talk to siblings**

Talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible.

- **Search safely**

Use safe search engines such as *Swiggle* or *Kids-search*. Safe search settings can also be activated on *Google* and other search engines, as well as *YouTube*.

- **Check if it's suitable**

The age ratings that come with games, apps and social networks are a good guide to whether they're suitable for your child.

*\* Adapted from internetmatters.org*

## KFJS website



Our website has lots of help for keeping children safe online, including links to useful websites and copies of parents' guides to various websites, games and apps (from the National Online Safety team).

## Online bullying

If you are concerned that your child might be being bullied online:

- 1 Talk to them about bullying and cyberbullying.
- 2 Let them know who to ask for help.
- 3 Help them spend time away from the screen.
- 4 Report any bullying on social media or online gaming sites.
- 5 Talk to school.

## Useful phone numbers

Bullying UK 0808 800 2222

NSPCC 0808 800 5000