

INTERNET SAFETY

Most children in Scotland access the internet on a regular basis. Internet access has lots of benefits for children but we need to keep them safe while they are online. Keeping children safe is not simply about restricting the images they can see on your computer. It is now possible to access the internet from mobile phones, the TV, games players, and portable devices like iPads.

Keeping children safe

Parents and carers can help keep their children safe by:

- talking to children about what they do on the internet – showing an interest and explaining that if they see anything upsetting they can talk about it.
- making sure children know not to give out any personal information.
- explaining how search engines work, to minimise the chance they will stumble across something unsuitable.
- setting parental controls.
- looking for local computer or internet classes so they know how to use the sites children are using.

Privacy settings

Most social networking sites, like Facebook, now give children a lot of control over what they share and who they share it with.

Through a site's 'privacy settings' it is possible to control:

- who can search for you – this means that when people search your name on a site, your profile does not come up.
- who sees what – this means that you can control the information you share, like your photos or 'wall' posts. You can usually restrict this to friends only, friends of friends, certain groups of friends, or everyone. We would recommend that for young people it is restricted to friends only.
- who can post information about you – some sites enable others to 'tag' photos of you or share other information about you, like your location. Many sites enable you to restrict people's ability to do this.

Parental controls

It is important to minimise the chances of a child stumbling across things that might upset or disturb them online. Setting parental controls can help prevent this by:

- filtering – restricting access to particular sites, such as pornographic websites.
- time limits – restricting the amount of time children can be online, or setting periods of time where children can access certain sites.
- monitoring – informing parents or carers of the sites their children are attempting to gain access to.
- reporting – telling parents or carers what sites their children have used.

How to set parental controls

Internet Service Providers (like Virgin media, Sky, BT) will all set parental controls if you ask them to. These can apply controls across all of the devices that access the internet through your home connection – such as laptops or games consoles. This will help to protect children when they are at home but not when they are elsewhere accessing the internet.

Most computers, mobiles and games consoles now come with parental controls that can be applied. For example, within Windows and the Mac operating systems, there are parental controls that can be set for individual devices. This will help to protect children when they are using their phone/ laptop through someone else's internet connection (away from home).



If you are concerned about a child

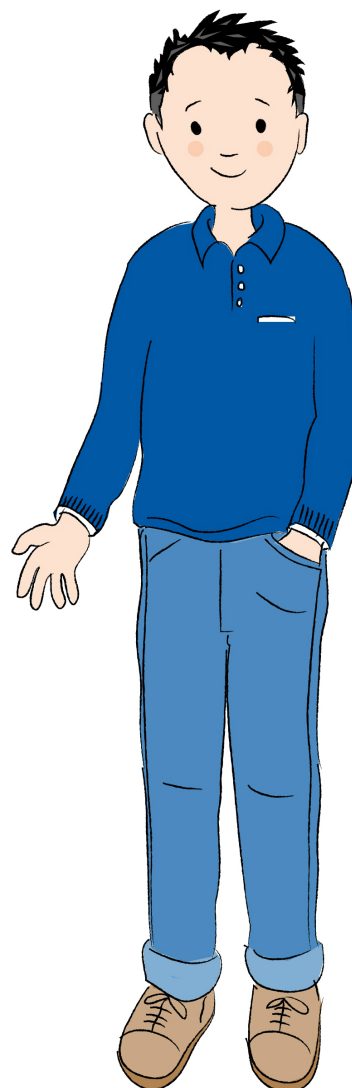
If you think a child you know has downloaded or accessed inappropriate material or engaged with someone who you think might be trying to harm them, you should not delete any images, emails or conversations related to your concerns, and should not contact the suspect yourself.

CEOP is an organisation run by the police to help children stay safe online. If someone has acted inappropriately towards a child online, but the child is not in immediate danger, a child or their carer can report it to CEOP on their website, and they will investigate.

If callers feel they or a child are in immediate danger, they should call 999.

Where to get more information

- ParentLine Scotland is the national helpline for anyone concerned about a child. Open seven days a week, 365 days a year, call 08000 28 22 33 or email parentlinescotland@children1st.org.uk
- general information about the internet, and risks and safety measures:
www.thinkuknow.co.uk
- detailed information about the different parental control packages available:
<https://www.thinkuknow.co.uk/parents/Secondary/Tools/Parental-Controls/>
- CEOP's help and advice centre:
<http://www.ceop.police.uk/safety-centre/>
- make a report to CEOP:
<https://www.ceop.police.uk/Ceop-Report/>
- more information about privacy settings in Facebook:
<https://www.facebook.com/help/privacy>
- information and advice about cyberbullying:
www.respectme.org.uk



At CHILDREN 1ST our vision for the future is a happy, healthy, safe and secure childhood for every child and young person in Scotland

For further information about CHILDREN 1ST please contact:

CHILDREN 1ST, 83 Whitehouse Loan, Edinburgh EH9 1AT
t: 0131 446 2300
f: 0131 446 2339
e: info@children1st.org.uk

ParentLine Scotland is a confidential helpline for anyone caring for or concerned about a child:
t: 08000 28 23 33 e: parentline@children1st.org.uk



**WE LISTEN, WE SUPPORT,
WE TAKE ACTION**
for Scotland's vulnerable
children and families

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