

## Internet Safety Tips and Tricks for Parents/Carers

Did you know that 66% of 12-15 year olds have a social networking site? (Ofcom Research, 2009)

And did you know that 41% of children and young people who use social networking sites have their profiles open to anyone? (Ofcom Research, 2009)

### It is important for parents/carers to remind children and young people of the following:

- Always explore the privacy settings of your social networking site to protect your privacy and to protect yourself from strangers (for a range of online tutorials, go to <http://www.kidsmart.org.uk/skills-school/>)
  - Facebook users can download a CEOP application to their Facebook page at <http://apps.facebook.com/clickceop> which enables quick access to help at a touch of a button
- Get friends and family to have a look at your social networking site to check that you aren't giving out too much personal information or posting inappropriate photos/films because they might see something you've missed
  - Keep your passwords to yourself
  - Respect yourself and others online
- If you are unlucky enough to have a bad experience, online report it to the service provider and tell an adult.

You can also report to:



or phone 0845 8 505 505

- Cyberbullying is never acceptable. If you or someone you know is targeted by bullies online, tell them to:
  1. report the bully to the website/service operator
  2. keep evidence of the bullying behaviour
  3. resist the temptation to reply to nasty messages
  4. tell an adult

For more advice and tips, go to: <http://www.bracknell-forest.gov.uk/e-safety>