

KEEP YOUR CHILD SAFE



ON THE INTERNET

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WHAT CAN I DO TO KEEP MY CHILD SAFE?

If you are a parent or carer, this leaflet will help you **find out what you need to know** to keep your children safe when they use the Internet.

You don't have to be an expert to make a difference! Talk to your children about what they do online and pass on the safety advice in this leaflet.

Partnership in action

The Task Force on Child Protection on the Internet is a partnership between Government, industry, police and charitable organisations who all believe that children should be able to use the Internet to its full potential with confidence and the knowledge of the risks they need to keep themselves safe.

Our thanks go to ChildLine, Childnet International, the Internet Service Providers Association, the Internet

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Our thanks also go to the DfES's online resource for parents: www.parentsonline.gov.uk for providing case studies of parents and carers.

HERE YOU'LL SEE EXAMPLES OF TEXT CHAT*

* With translations so you can understand

JUST LIKE IN THE REAL WORLD, WE NEED TO TAKE SENSIBLE PRECAUTIONS ON THE INTERNET TO PROTECT OUR FAMILIES FROM HARM.

CHILDREN LOVE THE INTERNET.



It's a great way to have lots of different kinds of fun, keep in touch with friends, find material for homework or sometimes buy things like music, books or games.

Children are growing up with the Internet as a normal part of life, using it at home, with friends and at school and exploring its amazing possibilities.

The Internet has become a vital tool for communication, information, entertainment and shopping and is critical to your children's development in today's world. Most schools are now connected to the Internet and when your child goes on to further education or a job they will almost certainly be expected to be confident users of computers and the Internet.

"I think the Internet is a wonderful tool for accessing information. This should not be restricted in any way."

WHAT CAN I DO TO KEEP MY CHILD SAFE?



You can make a huge difference if you talk to your children about their Internet use, let them know you are there to guide them, and pass on essential safety advice.

For the great majority of children, their use of the Internet will be perfectly safe and enjoyable. But nothing in life is 100% safe, all the time, and the Internet is no different. Just like in the real world, we need to take sensible precautions on the Internet to protect our families from harm.



Mobile phones – what you need to know

- You can use some of them to visit websites, including chat rooms.
- Some of them are a bit like having a portable PC – the Internet at your fingertips wherever you are.
- The newest mobile phones let you take photos, make mini film clips and send them via email.

- Children need to think carefully before they send images of themselves or friends to others using a mobile phone. Digital images can be easily manipulated, put onto a website and sent to millions of people at the click of a button.

The safety advice in this leaflet applies to going online through either a computer or a mobile phone.

ABOUT THIS LEAFLET



This leaflet aims to do three things:

- 1 Give you general information about the Internet, including some of the things your child can do online.
- 2 Explain action you can take as a parent or carer to keep your family safe online.
- 3 Highlight safety tips that you can talk over with your child. These are clearly marked throughout the booklet.

If you want more information and advice, there is a section of helplines and websites (page 16). There is also a Jargon Buster (page 17), which explains some of the terms you are likely to come across.

WHAT IF I DON'T KNOW MUCH ABOUT THE INTERNET?

❓ "I'm a mum out of her depth, my son is 13 and a computer expert. I don't think there is anything I can do to stop him doing whatever he wants online."



You don't need to know everything about the technology. You can use everyday parenting skills to help keep your child safe. Just take an

interest in what your child does online, either on a computer or a mobile phone.

This leaflet will help you gain a better understanding of the opportunities and challenges of the Internet and highlight how to make sure your children benefit from the possibilities it brings in the safest way. If you don't yet know how to use the Internet, ask your Internet service provider or computer retailer. (If you don't have a computer at home, you can try your local library.)

Above all, keep talking to your child so they know they can come to you if they run into any problems. Your continued involvement is the best way of keeping your child safe.

WHAT CAN MY CHILD DO ON THE INTERNET?

Children can use the Internet to:

FIND OUT INFORMATION



The Internet is an **incredible source of information** on almost any topic you care to name.

Search engines allow you to type in a few keywords, names or dates and receive hundreds of links to the subject you are interested in. Children are often encouraged at school to **research topics** on the Internet, and will often turn first to educational or other websites to get information for coursework or homework.

Children can use the Internet to:

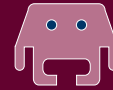
GET IN TOUCH WITH OTHERS



Emails, Instant Messaging (IM) and chat rooms are probably the best known ways for **making online friends and staying in touch** with people over the Internet. But it is also possible to swap files, films or music, enter discussion groups and play interactive games online. Making contact over the Internet is very popular among children, who see it as a **fun and adventurous extension to their social lives**.

Children can use the Internet to:

PLAY ONLINE GAMES



Gaming means **playing interactive games** (not gambling!) and is one of the most popular reasons for children using the Internet. They can either **download a game** from a website to play **or visit a website** to play with others who are online – either friends or strangers who are connected to the Internet at the same time. To do this, children need either an Internet-enabled games console or a computer connected to the Internet, and there is usually a monthly subscription fee.

Children can use the Internet to:

BUY ONLINE



The Internet links you to thousands of **companies, organisations and individuals with something to sell**. Some of these are well-known high-street companies, which have online sites, but it is also possible to buy items from individuals all over the world through **online auctions**. **Children can buy books, games, CDs, videos, toys or collectibles online**, although you usually need a credit card to do this.

HI M8 Btw RU VGL? CU L8er*

* Hi mate, by the way are you very good looking? See you later

WHAT ARE THE RISKS?

The two main areas of risk are unsuitable contacts and content. You can't see the person you contact online so you have no idea who they are. And whilst the vast majority of material on the Internet is legal it is easy to stumble across information or images that may be unsuitable for children.

INTERNET CONTACTS



Because you can't see the person you contact on-line, you have **no idea if they are who they say they are**. Chat rooms

are particularly popular with children and teenagers, and there is a **risk that paedophiles or sex abusers might use them** to look for victims. They might pose as children or teenagers, try to strike up a friendship and eventually try to persuade them to meet up.

Even if an adult is honest about their age, that is **no guarantee of their good intentions**. They could try to strike up a friendship over a shared interest, say football, and use it to meet a child. While this is rare when compared with the numbers of chat users, **the consequences can be extremely serious**. In recent years, a 33 year old man was jailed for having sex with a 13 year old girl he met through a chat room. He had built up a 'friendship' with her over several months.

There have since been a **number of reported cases** where older men have built up relationships with children in a process known as '**grooming**' before trying to meet them. Section 15 of the Sexual Offences Act 2003 makes it an offence for a person to meet or travel to meet a

child with the intention of committing a sex offence, if he has communicated with that child on at least two previous occasions.

Surfing the Internet from the comfort or safety of home or through a mobile phone can give a **false sense of security**. Children can unwittingly give away personal details such as where they live or go to school, or even begin to trust someone they don't know and **willingly give them personal contact details**. In contacting people over the Internet, children may also inadvertently give out their email address, or yours, which increases the risk of receiving unwanted emails. These emails, known as spam, may contain unsuitable material or even viruses that can damage your computer (see Jargon Buster page 17).

*** SAFETY TIP** Be aware of the main risks to children: unsuitable or offensive material, or adults who seek to exploit children by making contact over the Internet.

There are some other risks that you need to know about to use the Internet with confidence...

INTERNET CONTENT

? "How safe is my child copying from the Internet from her homework? I see her highlighting articles and using them herself."



The vast majority of material on the Internet is legal, decent and honest. But it is easy to find, or even to stumble

across, information or **images that may be unsuitable for children**. This could include pornography, or material that is violent, racist, inaccurate, or harmful in some other way.

Then there is also Internet material that is **clearly illegal**, such as images of child abuse. There is a separate section later on filtering and monitoring the material that reaches your computer (see page 14). But children also need to feel that they can **talk to an adult they trust** if they come across something they don't like.

VIRUSES AND HACKERS

Computer viruses or even people hacking into your computer (someone gaining unauthorised access to your computer from their computer) can cause **serious damage**. Some viruses can **hand over complete control of your computer** to someone who may be far away, but who can use it, for their own purposes, for example to send spam to others.

Playing online games is an example of when your computer is especially vulnerable to a hack attack. **Anti-virus software and a good firewall** (see page 14) will help minimise the risks from viruses and hacking.

Btw this is a PM! A/S/L?

* By the way this is a private message. What's your age, sex and location?

WHAT DO I NEED TO KNOW ABOUT ONLINE FRIENDS?

This section is about staying safe when making friends on the Internet. It focuses on chat rooms but the safety advice applies to all contact made over the Internet.

HOW DO CHILDREN MAKE FRIENDS ONLINE?

❓ "My daughter is always in chat rooms and I don't know how to use them. I've heard some really negative things about them."



It is **easy to meet people over the Internet**, to have online 'conversations' and to strike up online friendships. One of the most popular ways for children to communicate with others online is through **chat rooms** which allow you to have live 'conversations' about common interests (see Jargon Buster page 17). There are hundreds of thousands of these on the Internet.

These chat room conversations are usually **typed, not spoken** and everyone else in the chat room can see what is typed more or less immediately. But as technology develops, some chat rooms allow you to mix text based chatting with video and voice, using a web cam (Internet-based camera) and microphone.

OTHER WAYS OF MAKING CONTACT OVER THE INTERNET

- **Newsgroups**, and other, similar services (see Jargon Buster on page 17). Unlike chat rooms, the contact through news groups is not 'live'. People leave messages for others to read, just like a notice board.
- **Internet clubs** and communities are ways of exchanging information on topics of interest.
- **Instant messaging**, which is similar to sending text messages from a mobile phone, but is done on a computer (see Jargon Buster).
- Playing **interactive games**.
- **Sending messages** and/or images from a **mobile phone**.

SO WHAT IS THE PROBLEM?

❓ "Is it safe for my daughter to give out her picture?"



Adults who want to exploit children might be using chat rooms to persuade them to meet in the real world. That is why the first rule of chat rooms is **NEVER to reveal any personal details** that would allow someone to contact them, such as full name, address, telephone number, email address and mobile number. This includes information which may seem harmless, such as their favourite pizza restaurant, or where a school hockey or football match is being played. A picture message could reveal a child's whereabouts, and these can also be sent from mobile phones with digital cameras (see page 5).

Get across to your child the most important safety message about chat rooms. **Everyone they meet in a chat room is a stranger**, even though your child may consider them a friend. Encourage your child to see it like giving personal details to a stranger in the street: they would never do that, and it should be the same in a chat room.

* **SAFETY TIP** Never reveal ANY personal details that would allow someone to contact you outside the chat room.

ONE TO ONE CONVERSATIONS

Contacts that begin in chat rooms can move into other areas such as email, Instant Messaging or text messaging on a mobile phone. Or, once you are in a chat room, you can be invited to have a one-to-one conversation with someone, (known

as 'whispering' (see Jargon Buster page 17). You can think of this like stepping out of a party full of people, (where everyone can see the conversation being typed) into a **private room** to have a conversation with a stranger. Any of these private, one-to-one conversations could be very dangerous. No one else can read what is being written. Getting a child on their own, and building up a relationship, is exactly what a paedophile wants. So **discourage your child from whispering with strangers**.

* **SAFETY TIP** Always stay in the public area of a chat room, where everyone can see the conversation, and where you should be safer.

WHAT IF MY CHILD WANTS TO MEET SOMEONE THEY MEET IN A CHAT ROOM?

Children and teenagers should **NEVER arrange to meet anyone they have met online** without a responsible adult present. And always choose a public meeting place where you can all be safe.

Explain that it is good to **keep your online friends online**. But if your child does want to meet someone, they must take along a responsible adult. This is nothing to do with snooping on them, but simply basic safety advice.

You may want to explain that on occasions children have met people from the Internet who have tried to harm them.

* **SAFETY TIP** NEVER arrange to go alone to meet anyone you have met over the Internet. If you do meet an online friend, take an adult with you and meet in a public place.

WHAT IF THEY HEAR SOMETHING UNPLEASANT IN A CHAT ROOM?



Chat rooms usually offer the option to **block messages** from other users. So if someone repeatedly types something your child doesn't like, they can block these messages from the screen. In some chat rooms, you can **report any abusive behaviour** by clicking on an on-screen 'report button' or by phoning their customer services. It is a good idea to check out any safety tools on the system your children use. Or your child can always **leave the chat room**.

*** SAFETY TIP** Remember, everyone you meet in a chat room is a stranger, even though they might seem like a friend.

ARE SOME CHAT ROOMS MORE SUITABLE THAN OTHERS?

Yes. The numerous chat rooms on the Internet include adult chat rooms, which can be sexually explicit and may include pornographic material. While not illegal, this is definitely for adults-only. Encourage your child only to **use chat rooms that are suitable for their age**. You can save the addresses of child-friendly chat rooms, and agree with your child to use only these.

Here's how... When you are on the Internet, you will see the word 'Favourites' at the top of the screen. If you click on this, it lets you add to a folder the addresses of **favourite websites**, including suitable chat rooms. On mobile devices, these are known as 'bookmarks', but they work in the same way, storing web addresses you want to return to. **Remember, child-friendly chat rooms are safer, but may not be 100% safe.**

WHAT ABOUT SUPERVISED CHAT ROOMS?

These are called moderated chat rooms and sometimes use a **real person, a moderator, or technology** to block personal details being revealed and to keep the chat suitable. They are a step in the right direction, but the technology **isn't foolproof**, so don't rely on them 100%. **The same safety rules apply.**

*** SAFETY TIP** Remember, the same safety rules apply in moderated chat rooms.

WHAT IF SOMEONE SENDS MY CHILD INFORMATION?



Advise your child to **delete emails or links to other websites they might be sent in chat room** (they may contain pornographic or upsetting images, or viruses which could damage your computer). This could also be a way for the sender to discover personal details about your child.

IF I SEE SOMETHING ILLEGAL OR SUSPICIOUS, SHOULD I REPORT IT?

Yes. If you think your child is being contacted by a paedophile contact your local police. If you can, save all evidence such as emails and chat room conversations. If you come across anything you think is illegal, such as images of child abuse, contact the **Internet Watch Foundation at www.iwf.org.uk**. This is a body funded by the Internet industry. They aim to have illegal material removed from the Internet and will refer it to the police.

Or call the police **Child Pornography Information Line** on freephone **0808 100 0040**.

WHAT ABOUT OTHER FORMS OF INTERNET CONTACT?

Internet messaging is another very popular form of contact.

You can Instant Message a friend on the Internet in much the **same way you can send a text message** to their mobile phone. For Instant Messaging, both parties must agree to use the service. It works much like a chat room, where you swap typed messages more or less instantly. Other people can also be invited to take part.

Unlike chat rooms, Instant Messaging is usually more closely associated with a network of friends. So if strangers were invited in, it would be easy for them to find out things about your child and his or her friends.

The same safety rules apply to all these ways of making contact over the Internet: **NO personal details, NO meeting up with anyone unless accompanied by an adult.**

Gaming is one of the most popular reasons for children using the Internet and can involve communication with other gamers, like in a chat room. Therefore all the same principles apply when gaming as when in a chat room and children should avoid using their own name when choosing their 'gaming name' (the name they log on with and play under).

If your children do encounter any difficulties with other gamers, you should refer to the gaming sites' **terms of service**, which should clearly state ways to report violations.

HOW SHOULD I REACT TO ALL THIS?

? "My 13-year-old receives up to 10-30 porn spams a day."

Try not to overreact, especially if your child comes to you with a worry. They could just clam up or start to use the Internet in secret. If, for example you find pornographic spam on your computer system, reassure your child that it is **not their fault** and keep emphasising the key safety messages (see Jargon Buster page 17). See overleaf for information on blocking or filtering unsuitable material.

Although the Internet is a new medium, the **safety messages are familiar**. Just as you have taught children never to go off with strangers in the real world, so you can teach them here.

WHAT ABOUT MOVING THE COMPUTER?



If possible, it is an **excellent idea to keep it in a family room**.



(Although this might not be realistic for teenagers, who guard their privacy!) But this is not possible for mobile phones.

This underlines the importance of making sure your child **understands the safety rules** and continuing to talk to them about how they use the Internet.

GM, Thx 4 msg. TTYL?

* Good morning, thanks for your message. Talk to you later?

CAN UNSUITABLE MATERIAL BE BLOCKED?

? "What happens if you are on the Internet and accidentally click on an advert which directs you to an adult site? Is there any way of filtering these?"



You can get **software that blocks or filters the material that comes onto your computer**. Some of this software is free, some is included in a broader package of services and you can buy others.

But remember that savvy teenagers can bypass some filters or use the Internet at a friend's house or Internet café. This underlines the fact that there is **no substitute for good advice from you**.

You can also get software packages that allow you to **monitor what your child is doing on the Internet**. This section explains what you can use these software packages for.

? "My daughter who is 8 was at a friend's house last weekend and it appears they don't have any filtering like we do."

WHAT SOFTWARE IS AVAILABLE?

You will find a very comprehensive list of the protection software available at www.getnetwise.org

This website lists **software packages and the features** they offer. It does not rate how well they work. Many websites offer free trials of software and it is a good idea to try them first to see which is most suitable for your family.

WHAT CAN THIS SOFTWARE DO?

Many software packages combine more than one of the safety features explained in this section. You can use them to:

- **Control content**
- **Control contacts**
- **Control shopping and privacy**
- **Help with time management and health**
- **Improve general security**
- **Monitor and record activity.**

To find out more about software with any of the safety features above, including examples of software available, visit www.pin.org.uk/filtering.

YOUR ACTION CHECKLIST



MAKE SURE YOUR CHILD KNOWS THE MOST IMPORTANT SAFETY MESSAGES OF ALL:

NEVER go alone to meet someone you have met online and **NEVER** reveal any personal contact details.

- 1 Talk to your child** about their Internet use and take an interest. Your involvement is the best way of keeping them safe.
- Pass on the **safety advice** in this leaflet – talk over the 'Top Tips'.
- Be positive!** The Internet is a fantastic resource for learning, entertainment and communication. Just like in the real world, you need to take a few **sensible precautions**.
- Let your child know **they can come to you** if something they don't like happens online.
- Try not to overreact!** This could simply make your child secretive about their Internet use and close down lines of communication between you.
- Remember that all the safety advice here also applies to **going online with a mobile phone**.
- If you decide to use software to filter or **monitor information** from the Internet, talk this over with your child. Any **ground rules** you agree will be much more effective.

HOW CAN I FIND OUT MORE INFORMATION?

SAFETY ADVICE

The Department of Education and Skills (DfES) has an online resource for parents where you will find information on the latest Internet safety issues, forums and short safety presentations.

Visit: www.parentsonline.gov.uk/safety

Childnet has useful online resources and leaflets for young people and parents.

Visit: www.childnet-int.org

www.kidsmart.org.uk, www.chatdanger.com

The Cyberspace Research Unit, part of the University of Central Lancashire run a website, For Kids by Kids Online, which aims to empower young people with the knowledge, skills and tools they need to use the Internet safely.

Visit: www.fkbko.net

NCH is a children's charity campaigning for safe and equal IT access. Their website offers safety advice, information on online bullying and leaflets for parents. Visit: www.nch.org.uk/itok

The Internet Watch Foundation, a body funded by the Internet industry, aims to have illegal material, such as images of child abuse, removed from the Internet. Visit: www.iwf.org.uk

FOR CHILDREN

ChildLine is the free, 24-hour helpline for children and young people in the UK. Children can call at any time, day or night and talk to a counsellor if they are in danger or worried about something.

Freephone: 0800 1111

Or visit the website: www.childline.org.uk

Visit thinkuknow.co.uk for loads of information about staying safe on the Internet, links to the NSPCC/Childline/Childnet/NCH websites and cool games for you to download and play.

FILTERING AND MONITORING

For more information on filtering and monitoring material to your computer,

visit: www.pin.org.uk/filtering

For a comprehensive list of the protection software available, [visit:www.getnetwise.org](http://www.getnetwise.org)

MOBILE PHONE SAFETY

The UK mobile phone providers will be publishing a code of practice during 2004. Filters for the Internet access services they provide will also be available during 2004. Contact your mobile phone operator for details.

JARGON BUSTER

Address (URL)

An address, or website address is what you type in to find places on the Internet. They begin www (world wide web), followed by the name of the organisation or company. For example, the education section of the Houses of Parliament is at www.explore.parliament.uk

An email address is different, because it is used to contact an individual. Email addresses always include the symbol @ (pronounced 'at'). A fictional address might look like this: joebloggs@parliament.uk. Read aloud, this would sound like 'Joe Bloggs at Parliament dot UK.

Attachment

This is a file of information that can be sent as part of (attached to) an email. It may contain text, photos, graphics, sound or video.

Broadband

An 'always-on' connection to the Internet using specially installed equipment that works with your phone line to deliver online information and images rapidly to your computer.

Browser or web browser

This is a piece of software (computer instructions or a computer programme) which lets you explore, or browse the Internet.

Two of the best-known browsers are **Internet Explorer** and **Netscape Navigator**.

Chat room

A place on the Internet, accessed through a computer or mobile device, where people communicate by typing messages.

People all over the world can communicate in a chat room, where everyone can see what is being typed by everyone else, either on their computer screen or mobile device.

Download

This means to transfer information to your computer. Often it is free. For example, you may download an image from a website onto your computer so you can print it out. You can also download software that allows you to chat. You can even download a piece of music from music websites.

Email (electronic mail)

Messages sent electronically (over the Internet) from one computer to another.

Favourites

A place on your Internet browser to store web addresses that you use often, or don't want to forget.

Filter

Computer software that allows you to block certain material from your computer. You can, for example, block websites with violent, sexual or racist content.

Firewalls

Firewalls are used to prevent unauthorised Internet users from accessing private networks or individual computers connected to the Internet. All messages entering or leaving the computer pass through the firewall, which examines each message and blocks those that do not meet the specified security criteria.

Icon

A small picture or image, often self-explanatory, which makes something happen when you click on it. For example, clicking on a printer icon will print the page you have on your computer screen.

Instant Messaging

A way of exchanging typed messages with a friend or group of friends over the Internet, similar to sending text messages from mobile phones.

Internet A worldwide network of computers that connects people and information. Also known as 'the net' or 'the web'.

ICQ (I seek you)

Internet software you download (from www.icq.com) that tells you which of your friends are online and lets you contact them. The software lets users chat, send messages and files, exchange web addresses and play games.

Hi V.FUNNY, LOL!

* Hi, that was very funny. I laughed out loud!

IRC (Internet Relay Chat)

Another form of online chat. You need to download some software to use it. Visit www.mirc.com to find out more.

ISP (Internet Service Provider)

You need several things to connect to the Internet: a browser on your computer, a modem (see below) and an ISP to connect you. ISPs are commercial companies that have different ways of charging you for their services. Well-known ISPs include AOL, BT, Demon and Freeserve, but there are many others.

MMS

Stands for multi-media messaging service. This means sending messages between mobile phones or between mobile phones and computer email. These can be text messages, still images, short films or audio clips.

Modem

A modem is part of your computer that lets it communicate with others through telephone lines. Some modems are built into computers and some are added on as external devices.

Moderated chat room

Chat rooms that have a person or a piece of technology to supervise the chat and make sure it is suitable.

Newsgroups

Newsgroups, communities and clubs are discussion groups on the Internet. Unlike chat rooms, users do not communicate 'live', but post messages to each other on a particular topic. They are potentially open to abuse, for example, through people posting illegal material.

Online/Offline

Being online means being connected to the Internet. Offline is sometimes used as another term for the real world (i.e. outside the Internet).

Picture messaging

Many new mobile phones are fitted with digital still or video cameras. You can take pictures with these and send them via the mobile networks to other mobile devices with the same technology or to email addresses via the Internet.

Profile

Some chat rooms let users complete a personal profile which others can see. Children and teenagers should never include in a profile any information that could identify them, or disclose where they are.

SMS

Stands for Short Messaging Service and means sending text messages by mobile phone.

Spam

Like junk mail through your door, spam is email you haven't asked for and don't want. It can be sexually explicit, which is another reason for children not to give out their email address when they are online.

URL

Another term for an Internet, or website address. (It stands for Uniform Resource Locator.)

WAP

WAP stands for Wireless Application Protocol and is the technology used by most mobile phones to browse Internet sites that are written in a compatible format.

Web

The vast collection of websites that has been put into the Internet by companies, organisations and individuals. It is sometimes used to mean the Internet, but strictly speaking is only one area of it. Newsgroups, for instance, are Internet services, not web services. You and your children, however, can access both.

Webcams

This term is short for web cameras. They are special video cameras that can be linked to the Internet. Just like ordinary cameras, you point them at something, say a friend or a view of the beach, and the image appears, more or less straightaway on your computer screen. While they are a fantastic piece of technology, they could be used to send or receive unpleasant or illegal images.

Whispering

Whispering is a way of sending a private message to an individual in a chat room. This is like having a private conversation with a stranger. As in the real world, it is safer to stay in the public area of the chat room.

PLACES TO GO FOR HELP AND ADVICE

Visit thinkuknow.co.uk for loads of information about staying safe on the Internet, links to the NSPCC/Childline/Childnet/NCH websites and cool games for you to download and play.

NSPCC Child Protection Helpline:

Freephone 0808 800 5000,
Email help@nspcc.org.uk
Textphone 0800 056 0566
Website www.nspcc.org.uk

ChildLine: The UK's free, 24 hour helpline for children and young people with any problem.

Freephone 0800 1111
Website www.childline.org.uk

Childnet International has several websites giving advice to young people and parents/carers about using the Internet safely.

Websites www.childnet-int.org
www.kidsmart.org.uk
www.chatdanger.com

NCH: charity campaigning for safe and equal IT access.

Telephone 020 7704 7000
Website www.nch.org.uk/itok

For Kids by Kids Online: With a little help from the Cybnauts, you will be able to figure out how to navigate safely in Cyberspace.

Website www.fkbko.net

If you see things like pictures on the internet that you think are illegal, then you can report it to the **Internet Watch Foundation**, who will pass it to the police confidentially.

Website www.iwf.org.uk

Please tear off this TOPS TIPS strip and give to your child or apply to the side of the monitor for handy advice.

TOP TIPS FOR STAYING SAFE



Remember, everyone you meet online is a stranger, even though they might seem like a friend.



Always use a nickname when you log on and never give out any personal details that would allow someone you meet online to contact you. That means full name, home or school address, telephone number, personal email or mobile number.



Never arrange to meet up alone with someone you make friends with online, but if you are going to anyway, take an adult you trust and meet in a public place.



Try to have your online conversations in public; people are less likely to hassle you if other people can see them doing it.



Accepting emails or opening files from people you don't really know, can get you into trouble – they may contain viruses, nasty messages or annoying links to stuff you don't want to see.



Talk to an adult you know well and ask for help if you're worried or upset about anything you've seen or been sent online.

STOP PAEDOPHILES DOING THEIR HOMEWORK

Home Office



www.thinkuknow.co.uk