Surfing Safely -

Your family's guide to internet safety

Please contact us on 0845 090 8044 for other leaflet formats e.g. large print, audio, another language or through discussion.

family information service warwickshire

Warwickshire County Council

Working for Warwickshire

Introduction

This booklet explains to parents what children already know or need to know about the online environment. It provides advice about how you can protect your family - allowing them to use the internet and mobile devices safely and securely while having as much fun as possible.

Parents should bear in mind that children can now access the internet whenever they want and wherever they are on a range of electronic devices. As well as your home PC, your child may be using gaming devices (e.g. Nintendo DSi), laptops, smartphones, media players (iPod touch), tablets (iPad). Each device needs to have separate parental controls set up and this guide will give you more information on how to do this.

Acknowledgements

Online safety - the basics

• Safe browsing

Make sure your browser is set to offer you its built-in security and safety features. For example, Microsoft Internet Explorer offers security and privacy settings. These are found under "Tools," then "Internet Options."

Popular search engines such as Google also offer some safety features. For example, Google's "SafeSearch", found in "Settings, Search Settings" on the main Google landing page, allows you to restrict explicit (sexual) sites and content from appearing in your family's search results. Of course, any knowledgeable user can easily remove the setting, but it's helpful with younger surfers.

• Protect your password

Avoid using easy-to-guess passwords such as dictionary words, names, birthdays or other predictable dates that your child or an internet hacker might break.

Make sure you have your child's passwords for email, instant messaging (IM), even social networking sites. It's a good idea so you can review who is communicating with your child and in the event of trouble, you'll have important access.

• Secure your wireless network

Home wifi networks present other security problems, and there are simple steps to follow to ensure that they are secured from unknown intruders who might use your bandwidth, or worse, host their spam and other attacks from your system.

If you have wifi at home, make sure you do everything possible to make it secure: reset the router password so it isn't easy to guess; enable wireless encryption to prevent a stranger from spotting your network from the Internet; restrict the access your system shares on the network and make sure your Internet security software is kept up-to-date.

• Parental control software

Parental control software enables you to choose which sites your child is able to visit online, and to ensure that they don't view inappropriate subject matter.

Parental controls differ depending on the application offering the feature. Usually there are varying levels so you can customise the program according to the child being protected.

Remember, though, that no software provides perfect protection.

Parents need to use a combination of tools and rules to protect children, regardless of their age. The Internet is a rich resource, and it defeats the purpose to lock it down entirely. Parents need to talk with their children to ensure that their beliefs, morals, and values are upheld when their children go online.

• Social network sites

Social networking sites like Twitter, Facebook and Snapchat are popular with teens and have security settings that you can usually find in the help section. YouTube is also popular and does have a setting called 'Safety mode' to filter out inappropriate content but please note this is not 100% accurate. Safety mode can be difficult to find. To turn safety mode on, log in to your Youtube account, scroll to the bottom of the page and click on 'Safety: Off', then click the 'On' option and then 'Save'.

Whether your kids are teens, tweens, or younger, ask them about which sites are popular with them and their friends. Ask them which ones they've joined and have them show you around. You'll quickly know whether you approve or not. Keep the conversation "impersonal" so they don't feel they are being interrogated.

• Set the home page

If you have set safe search controls on your favourite internet browser it makes sense to set their page as your homepage, so that when your child opens the internet this is the page they are most likely to use to search the internet.

Most internet browsers are fairly similar but if you are unsure go to the help section on their page. Here are some instructions on how to set two of the most popular browsers; Internet Explorer and Google Chrome.

Internet Explorer

Go to the webpage that you want to use as your home page.

Click on 'Tools', then 'Internet Options'. Click on the 'General' tab, then click in the box under 'Home page' and copy and paste the address of the page you would like to set as your home page.

Google Chrome

Click the 'Customise and Control Google Chrome' icon.

Select 'Settings'.

Select the 'Show Home button' checkbox in the 'Appearance' section.

A web address box should appear below the checkbox. Click on 'Change' to enter the address of the page you want to set as your home page.

• **Bookmark a page**

For younger children it is wise to bookmark pages that you know are safe for them to use so that they are easy to find.

Google Chrome

Find the site you want to bookmark.

Click the 'Customise' and 'Control Google Chrome' icon.

Select 'Bookmarks', 'Bookmark this page'.

Internet Explorer

Find the site you want to bookmark.

Click on 'Favourites' on the top left-hand-side of the screen.

Click on 'Add to favourites' and then 'Add'.

So how do your kids use the internet?

Pre-school and primary school children

Young children are often easily entertained by simple games and educational sites, but they quickly learn about new sites from their peers.

Ideally, when your children are this age, you will be actively involved with their on-line activities in the same way that you are with their homework so it will be easier to monitor their use.

Parents' checklist: what you should do:

Use of the computer:
- As far as possible, make sure the computer your child uses is within your view and set up in a family room.
- Monitor your child's computer use and sit with them when they're online, wherever possible.
- Take an active interest in what your children are doing online.
- Stick to the fun and positive sides of the internet.
- Limit approved web sites and hours spent online.
- Set the home page of your internet browser to a child-friendly home page for younger children.
- Consider bookmarking a range of sites which you are happy for them to view. Show them how to access these from a Favourites folder which you can set up with their name.

Safe browsing:
- Make sure your browser is set to offer built-in security and safety features. (see Online safety – the basics section).
- You should turn on all the filtering and security features in your computer's search engine (see Online safety – the basics section) to prevent your young child from inadvertently arriving at an adult or other inappropriate site as they do their homework.

- Parental control software can help you by limiting the sites your child can access, even when you aren't around. The controls also limit any information you don't want your child sharing, whether it be their name, age, phone number or any other private information. Go to our web page on internet safety for more information about setting up parental controls **www.warwickshire.gov.uk/internetsafety**
- Set high security settings with browsers, membership, and social networking sites (you can usually find out how to do this on the sites themselves under the help section).

Personal safety:
- Talk about protecting private information (name, phone number, etc.) and never sharing passwords with friends.
- Remind your children never to give out personal information.
- Tell them never to chat, type messages or share information with anyone on these sites unless you are with them.
- Tell them that they should never meet up with anyone they've met online without a trusted adult being present.
- Be sure to show your child how to close a browser window and let them know it's always okay to close a site if something surprising or disturbing occurs.
- Encourage them to tell you if they are worried about anything or come across something unusual.
- Encourage your children to speak to you if they see anything that upsets them online. You can report online abuse to the police at **www.thinkuknow.co.uk**

Tween children (ages 8-12)

Tweens are far more social and adventurous in their computer use. They talk to their peers at school and learn about the newest and "coolest" sites. They might sign-up for their first email and Instant Messaging (IM) accounts. Ask your child about those accounts and what the passwords are, so that you can monitor their activities, and find out who they are communicating with.

Children at this age may also start to check out social networking sites, such as Facebook, Twitter, Ask FM, Tumblr and Instagram that are also popular with older teens and adults. Tweens are also interested in music and the Internet is an easy way to meet others who share the same interests.

Online video sites, such as YouTube are enormously popular. Many of the videos contain strong language or violent material, so you need to monitor your tween's visits carefully.

Parents' checklist: what you should do:

Use of the computer:
- Keep computers in a common area in the house.
- Take an active interest in what your children are doing online.
- Set rules about online communication, illegal downloading, and cyber bullying.
- Remember children are accessing the internet away from home.

Safe browsing:
- Make sure your browser is set to offer built-in security and safety features. (see Online safety – the basics section).
- Turn on all the filtering and security features in your computer's search engine (see Online safety – the basics section)) to prevent your young child from inadvertently arriving at an adult or other inappropriate site as they do their homework

- Parental control software can help you by limiting the sites your child can access, even when you aren't around. The controls also limit any information you don't want your child sharing, whether it be their name, age, phone number or any other private information. Go to our web page on internet safety for more information about setting up parental controls **www.warwickshire.gov.uk/internetsafety**
- Set high security settings with browsers, membership, and social networking sites (you can usually find out how to do this on the sites themselves under the help section).
- Most smartphones will have settings you can also use to restrict certain content.
- They should know to never click a link in an email or Instant Message - this is a common way people get viruses or reveal private and valuable information to criminals.

Personal safety:
- Remind your children never to give out personal information or passwords.
- Discuss risks and concerns about using webcams, posting and sharing private information, videos, and photographs.
- Tell them that they should never meet up with anyone they've met online without a trusted adult being present.
- Encourage your children to speak to you if they see anything that upsets them online.
- Encourage open communication and encourage your kids to tell you if anything online makes them feel uncomfortable.
- Watch for signs of obsessive or addictive online behaviours (see Online gaming and signs of addiction).

Teens (ages 13-17)

Teens are developing ever greater independence often reflected in their online lives. With that independence comes responsibilities, including taking precautions to stay safe using the internet and social media.

Internet use will often increase at this age as websites are frequently used for research and email is now a common method used by schools for submission of homework.

Teens will create social media accounts on platforms such as Facebook, Twitter, Instagram, Snapchat to name just a few. With screen names, memberships, blogs, profiles, photo sharing and other internet elements that they visit daily, teens communicate the details of their lives with each other. Teens often use such sites to make new friends or for dating and may make plans to meet people in real life.

Digital traces of teenagers thoughts and activities can be left all over the web through use of these sites. Often they don't know - or they forget - that everything posted on the web is there for all to see. Make them aware that if the wrong person finds this trace it could affect their future so caution is important.

Parents' checklist: what you should do:

Use of the computer:
- Try to keep computers in a common area in the house and not in your teen's bedroom.
- Take an interest in what your teenager is spending time doing online (social networking sites, photographs, private information, club and sports activities).
- Regularly monitor internet use on mobile devices like smart phones and tablets, check the settings and be aware of how they are using them.
- Review the sites your teen visits; don't be afraid to discuss and possibly restrict sites that offend or concern you.
- Reinforce rules of appropriate online behaviours (language, private information and imagery, cyber ethics, illegal downloading, limiting hours of usage, and avoiding inappropriate adult sites).

Safe browsing:

- You should turn on all the filtering and security features in your computer's search engine (see Online safety – the basics section) to prevent them from inadvertently arriving at an adult or other inappropriate site as they do their homework.
- Make sure your browser is set to offer you its built-in security and safety features. (see Online safety – the basics section).
- Parental control software can help you by limiting the sites your child can access, even when you aren't around. The controls also limit any information you don't want your child sharing, whether it be their name, age, phone number or any other private information. Go to our web page on internet safety for more information about setting up parental controls **www.warwickshire.gov.uk/internetsafety**
- Set high security settings with browsers, membership, and social networking sites (you can usually find out how to do this on the sites themselves under the help section).
- Ask them not to download files (music, games, screensavers, ringtones) or make financial transactions without your permission.
- Teach them to never click a link in an email or Instant Message (IM) - this is a common way people get viruses or reveal private and valuable information to criminals.
- Remind your teen to take responsibility for keeping internet security software maintained and up-to-date, as much as for their protection as yours.
- Disable the preview function in email. This prevents potential malicious code in the message area from executing.

Personal safety:

- Teach them to never share passwords and be wary about typing private information when on a shared or public computer.
- Advise them to make their Instant Messaging profile or social networking page private.
- Set Instant Messaging preferences to keep strangers at bay.
- Get them to log out when not using IM or when editing their social networking page to make sure their privacy is protected.

- Ask them not to respond to emails or instant messages from anyone they don't know or didn't expect to receive.
- Advise them that they should never meet up with anyone they've met online without a trusted adult being present.
- Encourage open communication and encourage your teen to tell you when something online makes them feel uncomfortable. Remember, they are teens but they still need your support, involvement and care. You can report online abuse at **www.thinkuknow.co.uk**
- Remind your children that webcam video can be recorded and shared so to be careful about what they say or do.
- Tell them not to allow anyone to pressure them to do anything on webcam and to report any behaviour that makes them feel uncomfortable.
- Read 'Use a webcam with confidence' factsheet (by CEOP) which you can find on this page **http://www.ceop.police.uk**

Mobile phones and devices

Your child may have their own mobile phone, smartphone or other mobile device. In addition to the risks associated with browsing the internet there are more specific issues around use of images as well as some general safety tips to bear in mind and share with your child.

Parents' checklist: what you should do:

Use of the device:
- Set rules about where, when and for how long they can use their mobile device.
- Remind them to be careful if they are running, walking, crossing roads or riding a bike whilst using their mobile device.
- Make sure your child knows the cost of any apps, ringtones etc. that they purchase. You don't want a nasty surprise when you get the bill at the end of the month.
- Tell them to keep their device in a pocket or bag out of sight.

Safe browsing:

- Advise them to lock their phone when they aren't using it. If someone steals it they won't be able to use it.
- Check whether parental controls are set as default on your child's mobile and whether they can restrict the ability to download some or all apps. – if not, ask the mobile phone provider to switch them on. For more information about how to set parental settings on mobile phones go to **www.thinkuknow.co.uk/parents/Secondary/What-are-they-doing/Mobiles**

Personal safety:

- Tell them to be careful who they give their mobile phone number to.
- Ask them to tell you or another adult if someone pressures them into giving them their number.
- Tell them to keep Bluetooth switched off when they aren't using it. This prevents people from accessing their phone remotely.
- Encourage your child to tell you if they are being bullied via mobile phone (see bullying section).
- If they are receiving unwanted calls you should contact the service provider.

Mobile phones applications (apps)

Apps can be accessed on any mobile device (smartphones, iPads, iPods) and can fall into any number of categories, for example: games, social networking, lifestyle, news and education. They can be free or purchased for a fee.

Parents' checklist: what you should do:

- Make sure your child purchases apps from a reputable online shop such as Apple App Store or Google Play. Other sites may be cheaper but could be selling apps that are pirated or contain malicious code.
- Apps are often rated to help you choose one that is appropriate for the age of the user. Make sure your child is not buying apps that are for older children.

- Look up reviews for the app your child is purchasing. This will often tell you if there is any objectionable content or privacy concerns with the app. For more information go to **www.commonsensemedia.org**
- Some free apps will still make money by embedding advertising into their app, which is sometimes used to encourage people to purchase the full version of the app.

Digital Photos

Many mobile devices include a camera and many children also have their own digital cameras. Talk to your children about the need to protect photographs online from strangers or even from peers who might use them inappropriately. Remind your children that all photos held on a mobile phone or a social networking site can be copied, recorded, shared and they can end up anywhere. This includes images taken from a webcam.

Make sure your child shows you the photos they are using so you can advise them about anything you deem risqué or not appropriate for sharing. If you are using photo sharing sites, such as Flickr, make sure you don't allow others to use your photos, especially photos of people.

Tell your child:

- Not to make private photo albums public
- To make visitors to a photo sharing site use a password
- To back up photos with backup software because computer crashes can easily wipe out your photos and other computer files
- To only use online photo services that provide security protection.

Sexting

Sexting is when pictures, videos or messages of a sexual nature are sent from one mobile to another.

Sexting can happen for many reasons e.g. pressure from peers, being in a relationship and wanting to prove their commitment, and wanting to show off.

Parents' checklist: what you should do:

- Talk to your teen about sexting and the consequences.
- Explain to your child that naked pictures of people under the age of 18 are classed as child pornography. This means that sending naked pictures of themselves or forwarding on pictures of other under 18's is classed as distributing child pornography and therefore a criminal offence.
- Explain that it is illegal for people under the age of 18 to view pornographic material.
- Explain that it is an offence for an adult to show or allow a young person to view such images.
- Explain that if they break up with their girlfriend/boyfriend they could show their naked pictures to others and ask them how they would feel if:
  o The picture was posted on the internet?
  o The other person showed it to their friends?
  o Someone stole their phone and found the pictures?
- Tell them to ask themselves why they want to do this.
- Tell them if they receive an image that makes them feel uncomfortable to speak to you or a teacher or another adult they trust.
- Tell them not to pass on photos that they receive from other people and to think about how that person would feel if the photo was to be passed on.
- Remind them that anything that has been put on the internet could be seen by university or college admissions director or a potential employer.

Privacy, private information and identity theft

• Privacy

Teach your teens about the internet. They should know that people online aren't always who they say they are. It's easy to lie about your age, sex, and location online, and many people do it for innocent and not-so-innocent reasons.

Continually remind your teens that they can't trust strangers online any more than they can in face-to-face contacts so they shouldn't let them join chats or accept free software or ringtones from them and that they should never arrange to meet someone in person that they have met on line.

Children who discuss sex with strangers online have been shown to be more likely to arrange offline meetings. It's very important that you tell your children that it is never acceptable to talk about sex with a stranger online and that they should notify you or a trusted adult immediately or report this if it happens.

Social networking sites enable kids to form networks of friends who can communicate freely with one another. Make sure your kids don't allow people they don't know to join their networks. Once strangers are in the network, others in the network will assume a level of trust with them, based upon their relationship with your child. If the stranger is a predator, they may try to take advantage of your child or the friends within the network.

Teach your children to set their profiles to private so that only invited friends can view their information. They should not post private information or inappropriate or misleading photographs. This information, once posted, can become public and can be stored on the computers and Internet history files of others. Even if you remove such information or photos, they may still be out there on the Internet and in the hands of other people.

Make sure your child sets the communication features properly so they can approve any postings to their page. This limits even a good friend's opportunity to post an embarrassing but funny photo, or make a remark you and they would prefer not to be seen.

Remind your teen that email addresses, user account names, and Instant Messaging handles should be anonymous and not reveal anything about them or be inviting to a predator. Also, make sure they use strong passwords that are never shared, even with friends. But you should know your children's email account passwords so you can monitor their activity frequently. Look at who they send email to and receive email from.

Make sure that their email accounts have the highest level of spam filtering turned on. According to a recent research study, 80% of children report receiving inappropriate spam on a daily basis.

You can report suspicious activity towards your children on the Internet to the Child Exploitation and Online Protection Centre (CEOP) www.ceop.gov.uk which has a special young person's reporting service called 'Think you Know' - see **www. thinkuknow.co.uk**

Let your child know you will be doing this to help keep them safe and not because you don't trust them.

• Blogging

A blog is an online journal or diary. Often teens have blogs that are more like traditional private diaries - except they are open to everyone on the Internet via the teen's own web site or on a social networking site - which is like placing their diary online for the world to see.

Children should be careful with regard to the content that they post onto their blogs. Search engines can usually pick up the information that is posted. People such as potential employers or school admissions officers may read their blog, and this exposure may affect other areas of their life. For example, people interviewing for jobs have been declined because of items in their personal blogs or in the blogs of friends and family that mention them. Don't let your teen become a blog victim.

• Private information

Many children will not automatically know what "private" information is and the importance of keeping this private both online and offline so you need to explain the concept that it's any data that individually identifies them and may allow a

stranger access to personal or financial information. Private information includes real world data such as, names, telephone numbers, addresses, sports club, school, even the name of a doctor.

Fraudsters can turn even a small clue into a full record on a child and parent. They, in turn, can trade and sell that private data to make money. It's surprisingly easy for people with such intentions to apply for credit in your child's name and get real world merchandise and money, while ruining the child's (or your) credit rating and good name.

If you do suspect you've been a victim of identity theft, you are entitled to request a report from any of the credit reporting services for a small administrative fee.

Once you find evidence of identity theft, you will need to report it to the police. A police report will strengthen your case when you work with the other sites and companies involved.

You can also put a "freeze" on your credit record and those of your children to prevent strangers applying for credit in your names. Visit **www.ico.gov.uk** for more information.

• File sharing, music and video download

Children quickly learn about the joys of sharing music with each other. And it's often at the tween stage that they discover file-sharing sites, which enable them to swap music or videos online.

Explain to your children the dangers of file-sharing sites and programs, which can let strangers have access to your computer. Using file-sharing sites may expose your computer and information to "bot" software, spyware, keystroke loggers, viruses, and other dangerous malicious code. Additionally, downloading music or videos for free is often illegal. Show your children where they can legally download music and video from sites such as iTunes.

• Viruses, worms and Spyware

Computer viruses have been around for years in various forms. But with the popularity of email and file exchange on the internet, the distribution of these threats has escalated. These days many of the bad guys are international cybercriminals, motivated by financial gain through their illegal activities.

Spreading via email, Instant Messaging, infected social networking pages, and file-sharing sites, malicious software (malware) such as spyware, keystroke loggers and bots can cause you enormous trouble.

Spyware and keystroke loggers monitor your normal computer activity and then report your private data out via the internet to the criminals. Bots (short for robots) are forms of software that can sneak into your computer and cause your PC to send out spam and phishing emails to others, without you even knowing. Bots can also be used to steal your personal information and wreak havoc on your credit including the unauthorised use of your credit cards and bank accounts.

Help keep your children and your computers safe by installing internet security software on your family's computers and making sure it's updated with the latest protection files. Tell your children not to turn off the virus scanner or firewall, even if they think it might speed up a game. It's just not a safe risk to take.

• Cyber bullying and cyber stalking

Technology gives our children more ways to connect, socialise, and communicate than ever before. Unfortunately, some kids use email, Instant Messaging (IM), and mobile phone photos and text messages to embarrass or bully other children. Children's digital messages can also be edited to change the meaning then forwarded to other kids to embarrass, intimidate, or insult.

Make sure your children know they must guard even the most casual text message and watch their own written words. They should never retaliate back to the bully, and they should always tell you if and when they are being cyber bullied.

Keep a copy of any bullying message by using the "Print Screen" key on your computer keyboard and copying the message into your word processing program. It's important to help your child know where and how to report if they are the victim of cyber bullying.

Cyber stalking is a dangerous extension of cyber bullying and used by those who engage in stalking in the real or 'offline' world. With awareness of the issue, our older teens can learn to defend themselves and parents should know how to help.

The stalker may hijack an email account and pose as the person whose email they've hijacked. The attacker might deface a social networking page or send hateful messages to the victim's friends, engage in outright identity theft, or try to destroy somebody's credit and reputation.

Cyber stalking is dangerous and should be reported to the police, Internet service providers, and web site hosts. Keep all evidence of both cyber stalking and cyber bullying.

If you child is being bullied via their mobile phone:

- Contact your mobile phone company who can trace the calls and find out the bully's identity.
- Contact the police if the messages are threatening
- Tell your child:
  - Not to reply to any nasty messages they receive
  - Keep the messages that they have been sent so that they can show someone
  - Don't answer any calls that are from a withheld number, or from a number they don't know
  - Change your mobile number and only give your new number out to close friends.

Check your mobile handbook to see if your phone has the option to bar particular numbers.

For further information visit **www.childline.org.uk/Explore/Bullying/Pages/social-networks.aspx** or **www.thinkuknow.co.uk/parents/Secondary/Risks/Cyberbullying**

• Online self-harm, self-trolling or self-cyber bullying

This is part of an emerging problem which experts are calling cyber or digital self-harm. This is where a child sets up multiple online profiles in different names and uses them to post abusive messages to themselves, such as 'you are ugly', 'you are stupid' etc. Another form of digital self-harm is where children post personal questions such as 'am I beautiful?' so that they will get negative responses which will reinforce what they already think about themselves.

Often the reasons for this behaviour are the same as any form of self-harm. Self-harmers often use it as a way to deal with or distract themselves from negative emotions or thoughts. It can also be used as a way of self-punishment for something they have done, perceived to have done or been told that they have done. It can also be a cry for help or to gain attention from adults and peers.

For more information about self-harm go to **www.selfharm.co.uk**

• Gambling, Racism, Anorexia and Hate Sites

The darkest corners of the Internet world include some dangerous and illegal elements. Without parental controls or browser filters, it's almost inevitable your child will run into something you and he/she will find upsetting. Make sure your child knows to tell you when and if that should happen and reassure them you won't be angry if it does.

Some children and teens may become curious about sites featuring racist or hate messages, or promoting risky or damaging behaviours such as anorexia and self-harm. You may only discover this by regularly checking your computer's browser history. Even a single visit should prompt you to talk to your child about it. Don't assume it was idle curiosity.

Explain your house rules about such sites and ask your child about their motivation for visiting. As you talk, if your child reveals issues, such as depression or self-loathing, don't delay in getting your child professional help to deal with such matters.

• Online Gaming and Signs of Addiction

MMORPG - what is that? It stands for the increasingly popular and potentially addictive "massive multiplayer online role-playing games."

These can be highly addictive for some teens, especially boys. Set rules with your children about the amount of time that can be spent on these sites and any other concerns you might have. Signs of addiction to online gaming can be the same as with real-world gamblers, such as craving, withdrawal symptoms, loss of control and neglect of other activities.

• Pornography

Children can access pornography via any internet enabled device. Not only can stumbling across pornographic images have the potential to be distressing to some children but pornography can also play a part in the grooming of children.

Explain to your child that:
- It is illegal for people under the age of 18 to view pornographic material (this includes a naked picture from a school friend or boyfriend)
- Naked pictures of people under the age of 18 are classed as child pornography. This means that sending naked pictures of themselves or forwarding on pictures of other under 18's is classed as distributing child pornography and therefore a criminal offence
- It is an offence for an adult to show a young person porn or to allow them to view porn.

For more information about pornography and the law go to the respect yourself website **www.respectyourself.info/sex/pornography/what-does-the-law-say**

• Plagiarism and cheating

It's very easy to find homework guides to all the popular school textbooks online and many web sites offer essays and thesis papers for sale. Cheating has never been easier, more available and more tempting to our children. Remind your kids that it's very important to use the Internet for research but not for copying.

Encourage your children to always check the source of information they read on the Internet and explain why user-generated content, such as that found at Wikipedia, can serve as a great starting place for new research but isn't always reliable.

Useful Websites:

www.childnet.com
Childnet International's website offers internet safety advice and links for young people, parents, teachers etc.

www.childnet.com/kia
Resources to help educate young people, parents and teachers about safe and positive use of the internet.

www.digizen.org
Provides information about using social network / social media sites creatively and safely, including advice and guidance on cyberbullying.

www.ico.org.uk
Provides information and advice on how to protect you and your family's personal information.

www.iwf.org.uk
The Internet Watch Foundation website is the UK's hotline for reporting illegal online content, including child abuse images and racial hatred content.

www.ceop.police.uk
The Child Exploitation and Online Protection Centre's website provides information on how to stay safe online. It enables parents and young people to report actual or attempted abuse online which the police will investigate.

www.thinkuknow.co.uk
The CEOP Centre's on line safety site provides advice and tips to adults and children of all ages.

www.respectyourself.info
This website has been designed to engage with young people around issues of relationships and sex.

www.commonsensemedia.org
Reviews of family friendly apps and websites.

www.childline.org.uk
Help and advice on a whole range of issues including cyber bullying and mobile and internet safety.

Other titles in this series include:

Choosing Childcare and Early Years Education
Dealing with Bullying – A Parent's Guide
Dealing with Separation and Divorce
Encouraging Good Behaviour
Life with a Teenager
Moving on to Secondary School
New Baby
Starting School
Tackling Homework and Revision
Talking to your Children about Relationships and Sex
Talking to your Children about Alcohol and Drugs
Why Dads Matter
Your Child's Learning – Getting Involved
Dealing with Discrimination - A Parent's Guide

Contacting the Family Information Service

If you are looking for any further information or advice for your family, we can help you. We offer a free and impartial information and signposting service for the parents and carers of children and young people on a wide range of topics including: childcare, benefits, health, bullying, disability support, leisure activities and much, much more. If you don't know who to ask, ask the Family Information Service!

Tel: 0845 090 8044 or 01926 742274
Email: fis@warwickshire.gov.uk
Web: www.warwickshire.gov.uk/fis

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Warwickshire Family Information Service

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