Cherrywood's E-safety Top Tips

Passwords



Use at least ten digits in your password with a combination of capital letters, lowercase letters, numbers and symbols for best protection against cyber-thieves!

Keep your anti-virus software up to date

Make sure you have anti-virus software installed on your computer and be careful what you download onto your computer. Ask an adult to check this for you.

Keep your personal information private

Do not post any personal information, such as your address, email address or telephone numbers, publicly online.



In-App Purchases

Deactivate in-app purchases on your devices to prevent unexpected costs whilst using apps and games.

Stranger Danger

People you meet online as well as people you don't know, are strangers. They might not be who they say they are so stay **SMART**!

Funny feeling

If you ever get that 'uh-oh' feeling online, **tell** a grown-up that you trust so that they can help you.

Be kind

Be nice to people online just like you would on the playground at school. Play your part for a better internet and make the internet a safe and happy place to be.

Parents: Do discuss which websites your child is using and decide together which website they can use. Chose websites with your child or use a child friendly search engine, such as **www.askkids.com** or **ww.nen.gov.uk/tandl**

Social Networking



Below is a list of the minimum ages for account holders on these social media sites and apps. Children younger than the ages stated below should not have an account and should also be supervised by an adult if looking at content on these applications or websites.

Age 13
Twitter
Facebook
Instagram
Snapchat

Age 14
LinkedIn

Aged 16
Whatsapp

Age 17
Vine

Age 18
(13 with parent's permission)
Youtube

TV/Film

Children at Cherrywood School should not have access to or watch any content that has a 15 or 18 rating. Children may watch 12a content with supervision from an adult. Please visit http://www.bbfc.co.uk for further information.

Games

Children at Cherrywood School should not have access to or play games that are rated PEGI 12, 16 or 18. Please visit http://www.pegi.info/en/ for further information.

Cherrywood Community Primary School

Online safety guide for parents and pupils

If you are unsure, worried or want to ask questions about e-safety, please don't hesitate to contact anyone below:

Mrs K Lewis
adminoffice@cherrywood.hants.sch.uk

Resources and Assistance

CEOP
www.ceop.police.uk/safety-centre
www.ceop.police.uk/Ceop-Report

Childline
0800 1111 www.childline.org.uk

NSPCC
0808 800 5000 www.nspcc.org.uk

The Parentzone
www.theparentzone.co.uk

E-safety

In our heavily-based technological world, children need to be taught about how to keep safe online.

Please go through this guide with your child and put this section up somewhere accessible in your house for future reference.

It is a good idea to regularly check the internet sites your child is visiting e.g. by clicking on *history* and *favourites*.

Please reassure your child that you want to keep them safe rather than take internet access away from them.

Create a dialogue and a relationship of mutual respect as far as the Internet is concerned. Model good practice by talking to your children about the internet.

SMART rules

The SMART rules are a great way for children to think about keeping safe on the internet and the phrase is easy to remember:

Stay SMART online

S M A R T

Safe



Ensure personal information and passwords are kept private so that you stay **safe**.

Make sure you do not put contact details online. Don't use your real name for your username and ensure that passwords are difficult to guess.

Meet

Never **meet** with an online friend in person, even if you think you know that person well.

Meeting someone from a chat room or social networking website could be dangerous. Online friends are still strangers and may not be who they say they are.



Accept



Do not **accept** emails, instant messages and friend requests from people that you do not know.

Messages may contain viruses or unpleasant information and images.

Reliable

Not all of the information or people online are **reliable**. There is a lot of false information.

Always check that the information is correct and use reputable sources. Also, some people post false information or false identities to cause harm or trick people. Keep your friends to real friends that you trust and have met



Tell



Tell a trusted adult if anything online makes you feel uncomfortable.

Many chat rooms and social networking websites have support e-mail addresses or alert buttons that enable users to report inappropriate behaviours, including bullying.

You can log off if you are uncomfortable or suspicious of anything.

"IF IN DOUBT, ALWAYS TELL AN ADULT"