

Protect Privacy

Children can be naive about the honesty of others online. These are basic tips to protect privacy:

- **Privacy settings should always be set as high as possible e.g. 'Friends only' on Facebook.**
- **Create a strong password.**
- **Remind your child to log out of their social networking accounts.**

Picking A Password

- Pick a favourite song
- Pick a line from that song
- Pick the first letter of each word
- Insert some numbers

e.g. **H**ey **J**ude, **D**on't **M**ake **I**t **B**ad
becomes H5J4D3M2I1B

Tips to Combat Cyberbullying:

1. **Don't reply** to messages that harass or annoy. Don't respond-BEWARE, they might complain about you.
2. **Save the evidence!** Take a screen shot of it incase they try to delete it.
3. **Ask for help.** Tell someone you trust.
4. **Block the sender.**
5. **Report problems.**

Remember: Many websites and mobile phone operators provide ways to report bullying content or offensive material.

Possible Dangers on the Internet:

Online Predators

Adults posing as children trying to make contact or meet up with children on social networking sites, chat rooms, online gaming and instant messaging.

Inappropriate Content

Inappropriate content such as pornography, racist or violent material. Children can be persuaded to share inappropriate pictures or intimate details of themselves. This can cause problems in work or school.

Cyberbullying

Harassing or humiliating people online or on mobile phones is a form of bullying. Talk to your children about the dangers of being a bystander, by 'liking' or sharing content online that may hurt or upset someone. **Something shared even once online, in a public forum, is considered bullying.**

Further Advice and Useful Websites:

www.internetsafety.ie
www.makeitsecure.org
www.webwise.ie
www.hotline.ie
www.watchyourspace.ie

The websites referred to in this leaflet and their content are the sole responsibility of the website provider.

Internet Safety

St. Mark's S.N.S
Springfield
Tallaght
Dublin 24



A Parent's Guide



Tips For Parents:

The internet can be a wonderful source of knowledge and entertainment for children. It is a world of fun, learning, creativity, communications. With children now using the internet at a younger age, it can be seen as part of every day life.

However the internet is not controlled by any organisation and therefore there are risks involved in it's use. It can be a dangerous place if children are not taught how to use it safely and are not supervised while online.



Ways you can protect your child:

TALK: Talk to your children about potential dangers on the internet and your concerns.

FAMILY ACTIVITY: Make Surfing the internet a family activity especially for younger children.

FAMILY RULES: Set family rules for using the internet such as when it can be used and for how long.

PERSONAL INFORMATION: Ensure that your children never give personal information or meet with an online 'friend' without your permission.

BUSY ROOM: Keep the computer in a busy room in the house where you can see it. Encourage your children to talk to you about anything uncomfortable they may find on the internet.

5 SMART RULES for Primary Aged Children

S: Safe: Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

M: Meet: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' permission and even then only when your parents can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A: Accepting: Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

R: Reliable: Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your "Real World" friends and family.

T: Tell: Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



The "4C's" of Child Risk Online



Cyber Crime: Malware used to steal credentials, personal information or to hack computers.

Contact: Possibility of inappropriate contact when meeting a stranger befriended online.

Conduct: Online threats, bullying, people saying bad things and misuse of personal information on social sites.

Content: Exposure to pornographic or violent content while surfing, watching videos or playing games.