

**Kia Ora**

5-7? 8-10? 11-16? Parent? Carer? Teacher? Trainer?

**THINK U KNOW**  
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The banner features five vertical panels with different backgrounds: blue with fish, yellow with a sun, green with a spiderweb, pink with stars, and grey with a pencil. The text 'Kia Ora' is centered across the panels. Below the title, the age groups and roles are listed. The 'THINK U KNOW' logo is in the top right corner.

What is my child doing online?

Playing Games Making friends Talking to people

Sharing Searching Using a mobile phone

A grid of six rounded rectangular boxes, each containing an online activity. The boxes are arranged in two rows of three. The top row contains 'Playing Games' (with a UFO icon), 'Making friends' (with stars), and 'Talking to people' (with a speech bubble icon). The bottom row contains 'Sharing' (with a moon icon), 'Searching' (with stars), and 'Using a mobile phone' (with stars). The boxes are decorated with stars and icons.

## FOR PARENTS & TEACHERS



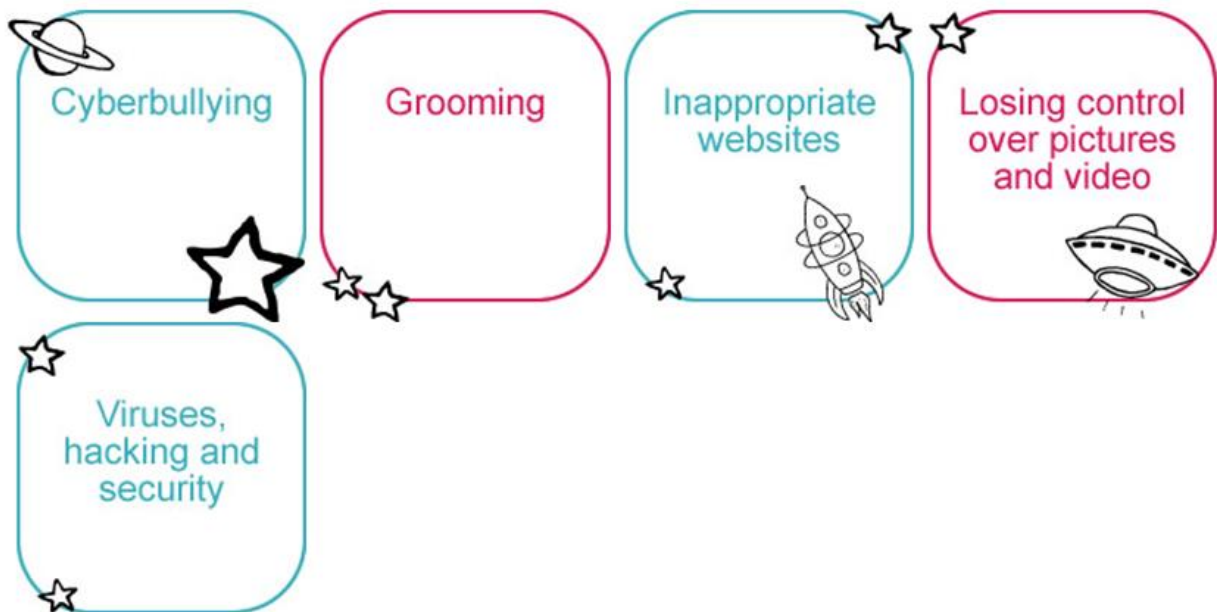
The most popular search engine in the world is Google and setting 'search settings' in Google couldn't be simpler.

Visit the Google home page – [www.google.co.uk](http://www.google.co.uk) and click on the 'search setting' tab in the top right hand corner.



## Risks your child may face online

As with the real world, there are risks online and it's important that you teach your child how to navigate them.



## Reach an agreement

A good way to set boundaries with your child about what they can and can't do online is to set an agreement with them.

Here are some examples of the areas you might want to discuss:

- Limits on the amount of time your child spends online, or playing computer games.
- Having regular screen breaks – at least five minutes every 45-60 minutes.
- Not sharing any pictures they wouldn't be happy to share with you.
- Not giving out personal details, such as mobile phone number and address, to people they don't know and trust.
- Coming to you if they are concerned. Or, if not, knowing where they can go for independent help and support.

## Let them teach you

The people who know best about what your children are up to online, are your children! Get them to tell you about the sites they're using. Ask them questions such as:

- Why do they like the site?
- What can they do on it?
- What's so fun about it?
- Who uses it at school?
- Who you can talk to?
- Who are their friends on it?

This is a good way to develop a trusting relationship with your child about what they are up to online.



### What is instant messaging?



Instant messaging (IM) is instant text chat between two or more people. This tends to be private un-moderated chat. You can build a list of 'friends' or 'buddies' that you can chat to, they can see when you are online and start conversations with you. It is important for children to know how to manage this list, for example by blocking contacts they don't want to talk to.

Windows Live Messenger is a popular IM service; however, many sites, including Facebook, provide instant messaging.



### What is webcam chat?



Webcams let you see the person you're talking to while you're chatting. Services like Skype are very popular and free. This can be a fun way for children to chat to each other; however, it is important to remember that what appears on webcam can be recorded and shared with other people in ways that you wouldn't want.

## FOR PARENTS & TEACHERS



### What are chat rooms?

A chat room is a forum where groups of people meet to chat online – this can sometimes be about a particular topic, or can be friends meeting to discuss something. Sometimes chat rooms are moderated; this means that someone, or a computer program, is looking out for inappropriate language or behaviour.



### Should my child have an email account?

Your child may ask to have their own email account. You need to think about whether they are old enough and mature enough to have an account that will provide them with some independence online, such as giving them the ability to register with websites.

If your child is setting up an account, here are some simple steps you can take to help them use it safely and securely.

- **Set up the account with them** – this will give you a good idea of what personal information has been asked for and the functionality of the account.
- **Check moderation possibilities** – popular services such as **Hotmail** have parental controls to assist you with the moderation of the account. Some allow you to have a family account or moderation rights. This way you can see the emails received and the sites your child is registering on too. If this is not possible, you can share the password to the account, especially for younger age groups; this way you can moderate if you feel necessary.
- Ask your child to **only email people they know and trust** in the real world.
- Ask them to **never click on emails from people they don't know or links they don't recognise**, as they could contain a virus which will harm the computer, or take them to a site which is inappropriate.
- Encourage them to **tell you if they see anything that upsets them online**, because you can help them.

## FOR PARENTS & TEACHERS

Website: [http://www.thinkuknow.co.uk/5\\_7/](http://www.thinkuknow.co.uk/5_7/) for 5-7 year olds, it's a great website to explore with your child and watch an internet safety video geared for 5 – 7 year olds

The screenshot shows the ThinkUKnow website interface for 5-7 year olds. On the left, a vertical menu lists: Home, Have fun, Be careful, Know who to talk to, Goodies, Lee and Kim, Hector's World, and Top Tips. The main content area features a 'Hello' section with text: 'If you are 5, 6 or 7, I bet you probably like to use the computer for fun. We've made this website to help you go on the internet in a safe way and know who to talk to if you are worried. You can also find out about [Lee & Kim's adventures](#) or watch [Hector and his friends](#) learning to use computers safely!'. To the right, there is a video player showing two children at a computer with the title 'Lee and Kim's Adventures: Animal Magic'. The background is blue with stars and bubbles.

Website: [http://www.thinkuknow.co.uk/8\\_10/](http://www.thinkuknow.co.uk/8_10/) for 8-10 year olds, it's a great website to explore with your child. It focuses on playing games and exploring the 'Cyber Café' to teach your child about internet safety, geared for 5 – 7 year olds

The screenshot shows the ThinkUKnow website interface for 8-10 year olds. On the left, a vertical menu lists: HOW TO HAVE FUN, HOW TO STAY IN CONTROL, HOW TO REPORT, and CYBER CAFÉ. The main content area features a 'HELLO' section with text: 'If you're between 8 and 10, you probably know a lot about using the internet. We've created this area for you to show you what we think is good, look at what's not and show you ways you can get yourself out of bad situations. If you know something we don't, or you want to get involved in helping to make our website better take a minute to fill in one of our [polls](#).' To the right, there is a 'CYBER CAFÉ' section with a video player showing a virtual café scene and the text: 'We have a cool [cyber café](#) for you to visit where you can help Jason, Sunil, Ali and others to stay safe using new technology.' Below the video player is a large blue button that says 'PLAY GAMES'. The background is yellow with stars and a rocket.

## FOR PARENTS & TEACHERS

Website: [http://www.thinkuknow.co.uk/11\\_16/new/](http://www.thinkuknow.co.uk/11_16/new/) for 11-16 year olds, it's a great website to explore with your teenager. It focuses on how to stay safe online and features great films about internet safety, it also gives advice on using IM, Chat Rooms, Social Networking sites, Mobiles, Gaming, Sharing Files and Uploading files online, geared for 11 – 16 year olds

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HOW MUCH DO YOU **KNOW** ABOUT ...

HOW TO HAVE FUN

HOW TO STAY IN CONTROL

HOW TO REPORT

WHAT'S NEW ONLINE?

WHAT CAN GO WRONG?

WHAT IS SEXUAL ABUSE?

WHO CAN I TELL IF I'M WORRIED?

Do you know what to do when things go wrong online?

**Ever shared something and wished you hadn't? Stay safe on screen by downloading our Webcam with Confidence factsheet - [click here to download it!](#)**

Have you ever shared or done something you regret? Would you know what to do and where to turn if you did? Find out what it's like when things spiral out of control with our new film – First to a Million.

It's a film with a difference – you're in control. Watch as Aleeya and Tariq battle Jamal for internet fame. Choose the path they take, but be ready for the consequences...