



**PensMeadowSchool**  
*Living, Growing, Learning*

**Jargon Buster**

**Instant messaging and Chat Rooms:**

A way of exchanging typed messages with a friend or group of friends over the internet, similar to sending text messages from mobiles. Chat rooms are accessed by people all over the world and can view all typed messages

**Forums:**

Newsgroups, Forums, 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.

**Social networking:**

Websites that allow people to keep in contact with friends and use a range of different media and applications for example photos, videos and music.

**Peer-to-peer file sharing [P2P]:**

File sharing networks over the Internet that allow people to exchange photographs, videos, music and games by directly connecting to each other's computers.

**Mobile technology:**

Mobile phone internet access is filtered by the network providers for under 18s. However, children/young people can still be the victims of cyber bullying by text or receive inappropriate images.

**Online Grooming:**

Adults who want to engage children/young people in sexual or other illegal activity use the Internet to earn their trust, for example taking advantage of a desire to make 'new' friends. Boys are just as vulnerable to these tactics as girls.

**Report abuse buttons:**

Many websites have buttons built into their sites that allow children/young people to immediately report any behaviour that they think is suspicious and/or makes them feel uncomfortable.



**PensMeadowSchool**  
*Living, Growing, Learning*

**Further Information and Resources:**



The Childnet International website gives internet safety advice and links for young people, parents, teachers, and other organisations.



Childnet's Chatdancer website, accessible from here, gives information and advice about how to keep safe while chatting online.

[www.childnet.com](http://www.childnet.com)



NetLingo explains thousands of terms that define our life online, including the largest list of chat acronyms.

[www.netlingo.com](http://www.netlingo.com)



Working with online safety experts, we're here to guide you through the many issues children can experience when using the internet.

[www.internetmatters.org](http://www.internetmatters.org)



The Child Exploitation and Online Protection (CEOP) Centre combines police powers with the business sectors, government, specialist charities and other interested organisations. The website includes useful information about how to report incidents of abuse on the internet.

[www.ceop.gov.uk](http://www.ceop.gov.uk)



**PensMeadowSchool**  
*Living, Growing, Learning*

*Pens Meadow School*  
**Online Safety Parental Guidance**

*'Safeguarding Children and Young People on the Internet'*

**Be**



safe



meeting



accepting



reliable



tell

**on the internet.**



**PensMeadowSchool**  
*Living, Growing, Learning*

### What is it?

Children may have better technical skills than you, however children still need advice and adult protection in using the internet and mobile technologies safely. Whether they are on a computer at school, a laptop or smart TV at home, a games console or mobile phone, children and young people are increasingly accessing the internet wherever they are.

If your child understands the risks, they can get the most from the internet and stay safe whilst doing so.

This leaflet is designed to encourage you to spend some time surfing the internet yourself. The more you know about the internet, the better you will understand how your children use the internet and how you can help them to stay safe online.

### Cyberbullying

New technologies provide an apparently anonymous method by which bullies can torment their victims at any time of the day or night. While the bullying may not be physical, the victim may receive an email, chat or text messages or be the target of unfavourable websites or social networking profiles that make them feel embarrassed, upset, depressed or afraid. This can damage their self-esteem and pose a threat to their psychological well-being.

For more advice on preventing and responding to cyberbullying see: [www.digizen.org](http://www.digizen.org)



**PensMeadowSchool**  
*Living, Growing, Learning*

### What are the risks?

The internet opens up so many educational and social opportunities to children, giving them access to a world of information and experiences.

For most children and young people, the internet has become an integral part of their lives where they play video games, download music and videos and chat to people via social networking sites such as Facebook, Instagram, SnapChat, Twitter, Musically, Minecraft, ETC.

Using the internet can also expose your children to risks such as:

- Revealing personal information and/or contact details.
- Receiving upsetting texts or e-mail messages.
- Being 'groomed' by an adult with a view to meeting a child for their own illegal purposes.
- Posting on the Internet malicious details about, or inappropriate images of, other people (cyber bullying).
- Ignoring copyright law by downloading music or video material.
- Accessing age inappropriate illegal websites or those that incite hatred or violence.

Get to know your child's online habits. Children are inquisitive. They will look to explore the internet as much as they do the real world. Knowing the sites they go to, the people they meet there and what they do, will help to keep your child safe.



**PensMeadowSchool**  
*Living, Growing, Learning*

### What can you do?

Keep the computer in a family room where you can monitor what is going on, not tucked away in a bedroom.

- Use a general family email address when signing up to websites, not the child's specific name.
- Advise them to only text, chat or webcam to people they know and to raise concerns if they are asked to do something they are uncomfortable with.
- Help your child to understand that they should never give out personal details to online friends they do not know offline. Encourage the child to see it like giving out personal details to a stranger in the street.
- Discuss how people hide their identities on-line and the importance of never meet-ng new online 'friends' for real without their parents/carers permission and presence.
- Encourage them to think carefully about what photographs or videos they post online because they can be tampered with by others and never completely erased.
- Discuss the fact that taking and sending inappropriate images by mobile phone or email is a criminal offence.
- Filtering software can help to block inappropriate material but it is not 100% effective and is no substitute for good adult supervision.

More advice can be found at  
<https://www.internetmatters.org/parental-controls/interactive-guide/>