Your digital footprint

LOSING CONTROL OVER PICTURES/VIDEOS can be a major issue for anyone. Once posted online, they can be copied, shared and spread at great speed. What might have been posted for a few friends can end up in the hands of the whole school and community.

Also, if you post <u>or</u> send sexualised images to a boyfriend or girlfriend-they can sometimes be shared further. These images in the wrong hands can lead to:

- **BULLYING**- over the content of the image.
- **DISTRESS**- over these images/videos being viewed by other people.
- **BLACKMAIL**- someone using the images/video to manipulate a young person to get what they want.
- **REPUTATION**- once something is online, it can be very difficult to remove. These images/videos make up a young person's *Digital Footprint* and have a long term effect when an employer or future partner puts your name into a search engine.

ADDICTION is commonly linked with alcohol/ tobacco, but with endless websites, games and the ability to escape from the *"real world"*- too much time on the internet/ Gaming Gadgets can be equally unhealthy. This addiction can affect school work, personality, fitness and even sleep.

The gaming world is a massive business and when young people step into a game, it can be like being in a movie! They can link up via headset to anyone in the world and spend hours playing a game that is eating away at their "*real life*" If the child is allowed to play games -🔟6️⃣ 1️⃣7️⃣ 1️⃣8️⃣ this will impact on their CNS/brain activity which is developing during these formative years.
As a parent/carer you must be able to monitor these games and time spent on them as they can have a serious impact on your children.

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 Get Safe Online

This leaflet is a small guideline to try and help you and your family navigate this ever changing gadget world. Our children are the next generation who have to show us how wonderful and Insightful technology can be. For more information – www.getsafeonline.org

ONLINE SAFETY INFORMATION FOR PARENTS
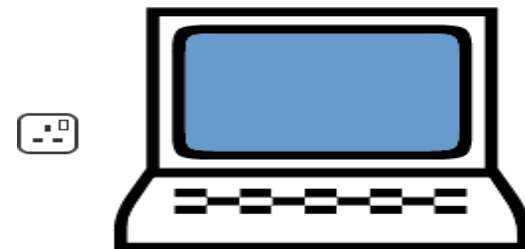
The internet and related technologies, including mobile phones, games consoles and social networks, are becoming increasingly important in the lives of our children. All of them have positive benefits in both education and society as a whole.

In the play, VIRTUAL **REALITY-**which was recently performed to your children-the character went on a journey through the World Wide Web. During the story, we discover that social media can create anti-social behavior and affect your personality, social life and well-being.

After participating in the play and follow up talk, the children should now be more aware of the potential risks of the internet, but as parents/carers how aware are you of these dangers and how to deal with them if they occur?

INAPPROPRIATE WEBSITES are webpages where a child might be able to view age inappropriate images or videos that might affect their well-being.

Parental filters/controls are always available on laptops/mobile phones, but no filter can be 100% effective and some inappropriate material can always slip through the net.

It is important to make sure the lines of communication are open between you and your children-so they will tell you if they have seen anything that makes them feel uncomfortable or "*weird*".

If you are concerned that some content is illegal – like sexual images of children and young people, you can report directly to an organisation called the Internet Watch Foundation-www.iwf.org.uk

It is their job to make sure that things like this are taken off the internet.

GROOMING is when people online attempt to engage with children as a "*friend*",but their motives are of a sexual interest.

This can be on social network sites, chatrooms or computer games.They can pretend to be someone else or a *"friend"* of someone else.

It is important that children understand that these people exist and that they should never do anything online or offline that they feel uncomfortable with.

It can be a long process trying to manipulate a young person's emotions,with a view to gaining control over their actions.However, It is really important as a parent/carer that your lines of communication are always open to share any concerns.

If you are concerned about someone's behaviour towards your child,you can report directly to CEOP-

(http://www.ceop.police.uk/)

CYBERBULLYING is when someone uses the internet or technology to bully someone else. On mobile phones, this form of bullying can follow a young person-everywhere. It can be hard to identify the bully as they can block/hide their number, email or post things on websites anonymously.

This form of bullying can potentially have a large audience, but can be evidenced by saving/printing texts, emails, IM's and webpages.

If you child is being cyberbullied –
• *Do not respond to the bully*

• *Block contact with the bully*

• *Save relevant communications-emails/texts*

Report the incident either to the website, service provider, your child's school or, if it is persistent harassment-to the police.