

Our Ref: TJ/AF

Your Ref:

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**Nottinghamshire**  
**SAFEGUARDING**  
**CHILDREN Board**

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Dear Parent/Carer

### **Staying safe online**

As Christmas approaches many of you may be considering buying your child a new mobile phone, games console or other device which has the potential to connect to the internet and social media.

Whilst we hope that your children will have a lot of fun developing useful skills and talking to friends and family, we are also concerned about some of the potential risks you and your child may encounter online.

As professionals working in the area of safeguarding, we are particularly concerned about the risk of young people being contacted by people they do not know and who may wish them harm including sexual exploitation which can be either on-line contact or could lead to physical contact.

Please find attached a leaflet with some more information which we hope will assist you in having a discussion with your child in an age appropriate way. When you buy your device you may find that retailers will assist with security controls.

You may also have seen earlier correspondence with regard to an e-learning course developed by the national charity [Parents against Child Sexual Exploitation \(PACE\)](http://www.paceuk.info/the-problem/keep-them-safe/) which can be accessed via <http://www.paceuk.info/the-problem/keep-them-safe/>.

You can also access information on the Nottinghamshire Police website <https://www.nottinghamshire.police.uk/advice/prevention/online>

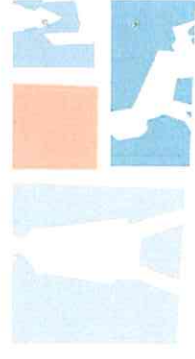
It is also important that you encourage your child to tell you, or a trusted adult, if anyone they do not know asks them to meet up or to do something they do not feel comfortable about.

Finally if you have any concerns about your child please seek the advice of professionals either through your child's school, Children's Social Care at the MASH 0300 500 80 90 or the Police on 101 depending on the level of urgency.

Yours sincerely

**Chris Few**  
**Independent Chair**  
**Nottinghamshire Safeguarding Children Board**

# STAY SAFE ONLINE...



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## Personal Information



- Be careful and think about how much you share online
- Never give your full address or phone number to people you don't know.



NOTTINGHAM CITY  
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## Privacy Settings

- Make sure your social network profiles are private – if not anyone can see your information and posts
- Treat your password like your toothbrush, don't share it and change it regularly
- Password tip - use upper and lower case letters, numbers and symbols for a super strong password.



## Stranger Danger

- Consider who you become 'friends' with online, not everyone is who they say
- Never meet up with anyone you meet online if you don't know them in 'real' life without a parent or carer
- If someone is aggressive or inappropriate learn how to report it and block them.

For further information visit <https://www.nottinghamshire.police.uk/advice/prevention/online>



## Sexting

- Don't send rude pictures of yourself, they can easily be sent on
- You may be committing a criminal offence if you share a photo that was sent to you.



## Where To Go

- Childnet.com
- Cybermentors.org.uk
- Getsafeonline.org
- Nspcc.org.uk
- Ceop.police.uk
- Call Childline on 0800 11 11



## Cyber Bullying

- Respect others, you may not realise how your words affect people
- If you are sending unkind messages you may be committing a criminal offence
- Don't retaliate, always screenshot or save any nasty messages you receive and block the bullies.



## Online Gaming

- Keep personal information safe, make sure you know how to report problems or block people
- Don't get stung with a huge bill, be aware of 'in-app purchasing'
- Downloading game cheats, may not be legal and you could be downloading a virus.



## Social Networking

- Think before you post, whatever goes online can be shared and you could lose control of who sees it
- Be careful about the photos you share, do they give away lots of information about you?



## REMEMBER

- If something doesn't feel right or safe it probably isn't. Talk to someone you trust
- All social network sites and YouTube have 'report' buttons. Use them.