



**Keeping Children Safe and  
Healthy in Warwickshire**

# **An E-Safety Information Booklet for Parents, Children and Young People**

**In this booklet you will find out more about:**

- Warwickshire Safeguarding Children Board – what it is and how it helps to keep children safe from harm in Warwickshire;
- what to do if you are concerned about a child or young person;
- who you can speak to if you are a child or young person worried about something;
- how children and young people can keep safe online – some basic information and some more detailed information for you to use;
- how to find out more about cyber-bullying; and
- E-Safety in Schools – Steps being taken to keep pupils safe in Warwickshire.



## What is the Warwickshire Safeguarding Children Board?

The government says that every area must have arrangements where organisations and professionals can meet together to plan how they can keep children and young people safe from harm.

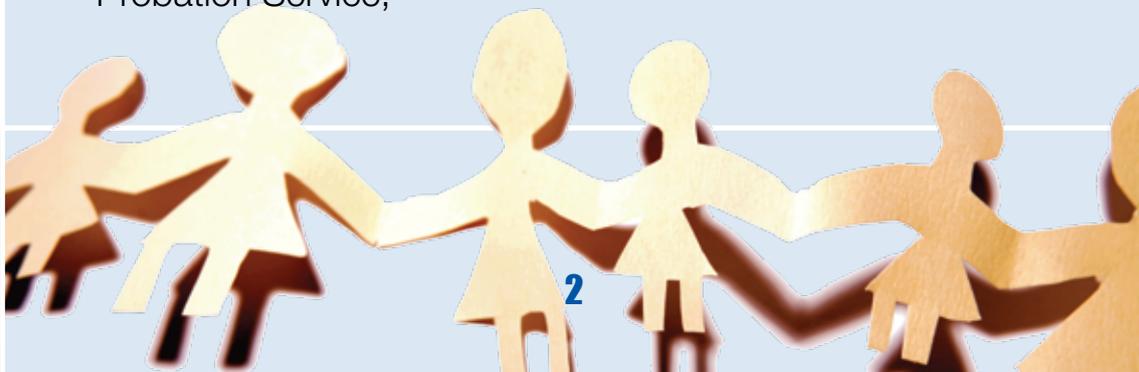
## How does the Warwickshire Safeguarding Children Board do this?

By:

- encouraging members of the whole community to think of safeguarding children as Everybody's Responsibility;
- helping to make sure that all those who work with children are trained to spot when abuse might be occurring and do something about it;
- making sure professionals have sound procedures to guide their work;
- making sure that services and systems set up to protect children are working well; and
- looking at the best ways of preventing children from being harmed in the first place, including promoting **E-Safety**

## Who is on the Board in Warwickshire?

- Doctors and Nurses who have a special responsibility for safeguarding children;
- The Police;
- Probation Service;





- Schools and Education;
- Children's Social Care (formerly Social Services); and
- District Councils and Voluntary Groups in the Community.

## What do I do if I am concerned that a child is being harmed?

Child Abuse can be physical, sexual, emotional or by neglect. It can be related to individuals who **misuse the internet** and other technologies to harm children and young people.

If you think a child or young person is being harmed, contact Warwickshire Children's Services without delay.

When you call, make it clear that you are making a **Child Protection Referral**.

During Office Hours, you can reach the Children's Team you need to speak to by ringing **01926 410410**.

In an emergency during evenings and weekends, contact the Emergency Duty Service on **01926 866922**.

## Who can I speak to if I am a child or young person and I need to talk?

You can contact the Warwickshire Children's Team on **01926 410410**.

If you need some advice or just want to talk, **ChildLine** can also help.

Sometimes you can sort out a problem on your own. Other times, it can really help to talk to someone in your family, a carer, friends, or a teacher.





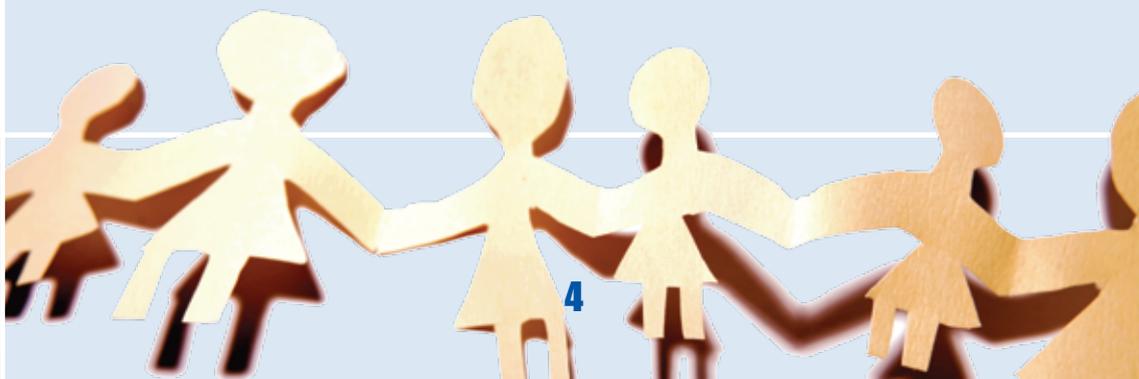
You can call the Childline Helpline on **0800 1111** at any time. Calls are free and confidential.

You can also visit the Childline website at: **www.childline.org.uk**, where you will find lots of useful information for children and young people.

## How Can I Keep My Children Safe Online?

You don't need to be an expert to make a difference!

- **Talk to your children** about their internet use. Your involvement is the best way of keeping them safe.
- Share the **Top Tips for Staying Safe** in this booklet with your children.
- **Be Positive!** The Internet is a fantastic resource for learning, communication and having fun. Just like in the real world, you need to take a few **sensible precautions**.
- **Try not to overreact!** This could simply make your child secretive about their internet use and make it harder to talk.
- Remember that this safety advice also applies to **going online with a mobile phone**.
- If you decide to use software to **filter** or **monitor information** from the internet, talk this over with your child. Any **ground rules** you agree will be much more effective.
- Locate computers in a **family room** (though this may not be realistic with teenagers, who guard their privacy!).





## Make Sure Your Child Knows the Most Important Safety Message of All

**Never go alone to meet someone you have met online.**

**Never reveal any personal contact details.**

The **Child Exploitation and Online Protection Centre (CEOP)** is a government backed agency dedicated to keeping children safe on the internet. To find out more, visit: **[www.ceop.gov.uk](http://www.ceop.gov.uk)**

To access the CEOP online safety centre that provides advice and tips to adults and children of all ages, visit: **[Thinkuknow.co.uk](http://Thinkuknow.co.uk)**

## Top Tips for Staying Safe Online

- **Remember, everyone you meet online is a stranger**, even though they might seem like a friend.
- **Always use a nickname when you log on** and never give out any details that would allow someone you meet online to contact you. That means your full name, home or school address, telephone number, personal e-mail or mobile number.
- If you publish a picture of yourself online, remember **anyone can change it or share it**, or use it to try and **contact** you.
- **Never arrange to meet up alone with someone you make friends with online**, but if you are going to anyway, take an adult you trust and meet in a public place.
- **Accepting e-mails or opening files from people you don't really know, can get you into trouble** – they may contain viruses, nasty messages or annoying links to stuff you don't want to see.





- **Talk to an adult you know well** and ask for help if you're worried or upset about anything you've sent or been sent online.

Visit **Thinkuknow.co.uk** to find out the **latest information** on sites you like to visit, mobiles and new technologies.

Find out what's good, what's not and **what you can do about it**.

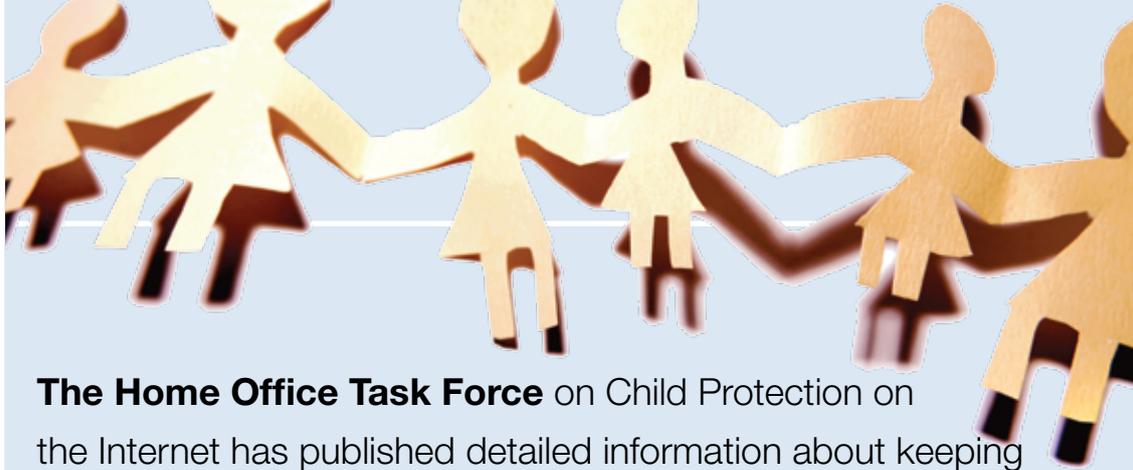
You can find a place on this website which anyone can use to **report** things they feel uncomfortable about or when worried about someone they are chatting to online.

## **Worried about Cyber-bullying?**

**You can find out more about what bullying is and what is being done to try and do something about it by visiting [www.warwickshire.gov.uk/bullying](http://www.warwickshire.gov.uk/bullying).**

**Follow the links for information for children and young people. There is also a link which parents and carers can use.**





**The Home Office Task Force** on Child Protection on the Internet has published detailed information about keeping children safe when using **social networking sites and user interactive services**. Here is the main advice:

## **What are social networking and interactive services? Why do children and young people like to use them?**

- Social networking sites allow users to create their own content and share it with a vast network of people, and potentially the world. Some examples of this are:
  - Bebo
  - CyWorld
  - Facebook
  - Faceparty
  - Friends Reunited
  - Yahoo.
- Other services focus on particular features or themes, such as sharing video. Some examples of this are:
  - UTube
  - Daily Motion
  - AOL Uncut
  - Google Video
  - SeeMeTV.





- These services are popular with children and young people because they make it possible to create original and personal content that can be published in the form of a website.
- Children and young people can express themselves through these services and connect and communicate easily with others. Key activities include:
  - keeping in touch with friends and sharing interests;
  - experimenting with their identity and opinions;
  - having a “place” or “space” where their parents or carers may not be present;
  - demonstrating their technical expertise and skill.

## Safety tips for parents in relation to these sites and services are very much the same:

- Don't be afraid to **become involved** in your child's online activities. Most social network and user interactive sites are easy to examine and evaluate
- **Ask your child** about what social networking and user interactive sites they use and how they work
- Depending on the age of your child, consider the use of **parental controls** such as filtering or monitoring software. For information on these tools, see **[www.getnetwise.org](http://www.getnetwise.org)**
- Remember these sites can be accessed through a **mobile device** as well as a PC or laptop. So talk to your child about how they access and use social networking sites, for example through their **mobile phone**.





- **Familiarise yourself** with the social networking and interactive sites your child is using. What are their terms and conditions; age requirement to register; safety advice and tools provided, and features?
- Teach children the importance of registering their **correct age** to ensure they get the right safety protection tools.
- Reinforce to your child the importance of protecting their **privacy online** – advise them to be careful not to share any information that may help locate them in the real world. For example, a photograph or street sign.
- Discuss with your child the options to **manage their profile** on these sites. They can change their privacy settings, block users, report abuse and have the option to cancel their account.

## Social Networking Sites – Some More Safety Tips for Children and Young People

- **Stay in Control – Guard Your Privacy:**

Because you use these sites mostly to connect with your friends in the real world, you might not think about strangers getting hold of your personal information and how this can affect you. Here are some tips:

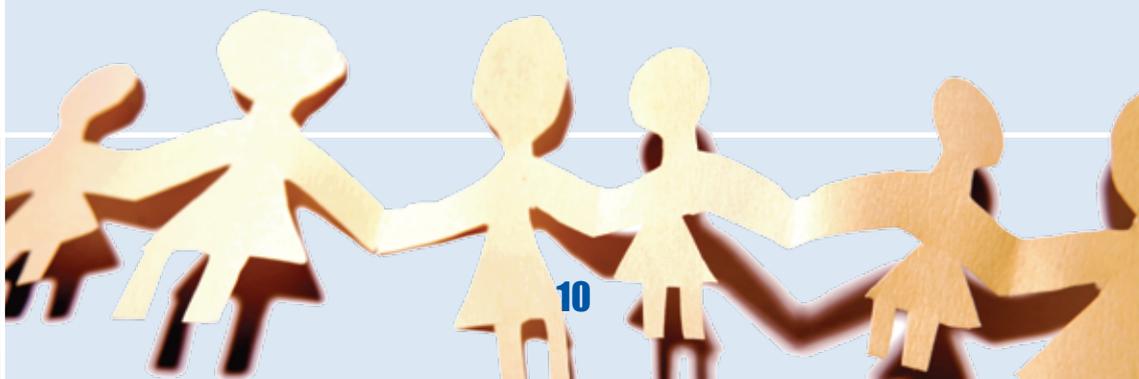
- Before setting up your profile, think about who you want to see your personal information. Different sites have different privacy settings – read about these carefully and decide who

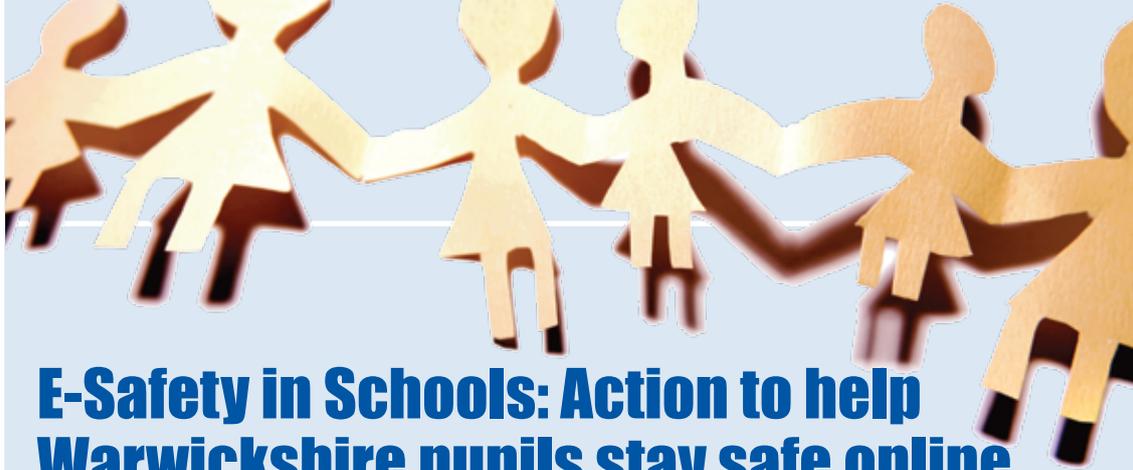




you want to see your personal information. The best option is to set your profile to private so only the people you know see information about you.

- Every so often, look through your contacts and friends to make sure you still want them to know your personal details.
- Think carefully about what you share with friends – arguments happen and people you know could use something against you.
- Protect your password – don't give it to friends even for fun. You can't be sure who they might pass it to.
- Remember mobile phones can be easily lost or stolen and you don't know who could get your information or pretend to be you. Put a PIN lock on your mobile so it can't be used without your permission.
- Register your real age so that other people don't think you are older than you are and treat you in a way that is inappropriate
- **“Going Public” – if you plan to share your profile and content with everyone who is online, think about:**
  - whether you are sure you want to do this? You won't be in control of who will see your information.
  - whether “going public” may lead to things you don't mean to happen. You may not be able to stop or delete information you choose to share – be cautious.





## E-Safety in Schools: Action to help Warwickshire pupils stay safe online

- With the increased use of the internet in schools, it is essential that pupils are encouraged to use it to help their learning but keep safe from the risks online.
- Working with the Police and Child Exploitation Online Protection (CEOP), Warwickshire County Council's **ICT Development Service** offers an e-safety programme for schools in Warwickshire by providing:
  - an e-safety policy that provides guidance for schools to adapt and implement;
  - training courses for teachers on promoting e-safety;
  - e-safety messages delivered to pupils in primary schools and e-safety sessions for parents on how pupils can safely use the internet at school and home;
  - a roll out of computer packages – **Policy Central Enterprise (PCE) and Websense** – to help schools monitor use of the internet in the classroom.

- **How does PCE work?**

PCE is powerful software that allows schools to identify potential violations. An inappropriate text or phrase will trigger the system to take a screen shot of the violation that can be stored and investigated. Warwickshire is the first area to roll-out PCE on a large scale.

- **How about Websense?**

Websense enables schools to filter websites and material and makes it possible to restrict or provide access to websites.

**You can visit the Warwickshire ICT website at:**

[www.warwickshire.gov.uk/ictds](http://www.warwickshire.gov.uk/ictds)





**If you want to find out more about the Warwickshire Safeguarding Children Board, who is on it and what it does, visit [www.warwickshire.gov.uk/wscb](http://www.warwickshire.gov.uk/wscb)**

**You will find a link to an electronic version of this booklet on this website and versions in:**

**Gujarati**

**Polish**

**Portugese**

**Punjabi**

**It can also be provided in other formats, for example, in large print, on audio tape, or in another language. Please contact the Interpretation and Translation Unit on 01926 412698 or 01926 412532.**

**A simplified symbol version may be obtained by sending an e-mail to: [daphnedriver@warwickshire.gov.uk](mailto:daphnedriver@warwickshire.gov.uk)**

## **Keeping Children Safe and Healthy**

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