

## Useful Websites

### CEOP

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



### Think You Know

[www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)



### Childnet International

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



### Cybermentors

[www.cybermentors.org.uk](http://www.cybermentors.org.uk)



### Childline

[www.childline.org.uk](http://www.childline.org.uk)



### KidSMART

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)



### Lanarkshire Rape Crisis Centre

[www.lanrcc.org.uk](http://www.lanrcc.org.uk)



### Respect Me

[www.respectme.org.uk](http://www.respectme.org.uk)



## The 5 e-SMART safety rules:



1. **Safe:** Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

2. **Meet:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

3. **Accepting:** Accepting emails, IM messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

4. **Reliable:** Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends and family.

5. **Tell:** Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



## Keeping Your Young Person Safe Online



South Lanarkshire Council

### Handy Tips and Advice for Parents/Carers



### Know the Facts, Know the Dangers



## Social Media - do you know what your child is using?



### How to keep your young person safe:

- Have the conversation early and often
- Explore online together
- Know who your child is talking to online
- Set rules and agree boundaries
- Make sure that content is age-appropriate
- Use parental controls to filter, restrict, monitor or report content
- Check they know how to use privacy settings and reporting tools



### Risks:

- Inappropriate content, including pornography
- Ignoring age restrictions
- Friending or communicating with people they do not know
- Exploitation
- Grooming and sexual abuse
- Sharing personal information
- Gambling or running up debt

**NSPCC**

### Legalisation



#### Communication Act 2003

Sending by means of the Internet a message or other matter that is grossly offensive or of an indecent, obscene or menacing character; or sending a false message by means of or persistently making use of the Internet for the purpose of causing annoyance, inconvenience or needless anxiety is guilty of an offence liable, on conviction, to imprisonment. This wording is important because an offence is complete as soon as the message has been sent: there is no need to prove any intent or purpose.

#### Telecommunication Act 1984

It is an offence to send a message or other matter that is grossly offensive or of an indecent, obscene or menacing character. It is also an offence to send a message that is intended to cause annoyance, inconvenience or needless anxiety to another that the sender knows to be false.

