

Get to know how your children use the internet. Ask them to show you some of their favourite sites and talk about them. Make them aware that there are things on the internet that may upset them and that they can always talk to you - or another trusted adult. Be aware of any changes in the way they use the internet, such as the amount of time they spend on-line.

Make sure your children realise they should never give out personal details - such as name, address, school and telephone numbers - to online friends they do not know in the real world, and tell them never to respond to junk e-mail or open attachments from people they do not know.

Look for a local computer or internet class which will teach you how to use the on-line services that your children are using. Try your local library for information on courses that are being run locally. Learn how the 'history' feature on your computer can help you monitor the websites your children are using.

If you are using a recent edition of Windows or you have a reasonably recent Mac you will find within the operating system or available as a download lots of tools which you can use at no cost. Many of these work with or through the browser. Check with your internet provider to learn how to block sites you do not want your children to see. It is also possible to buy off the shelf filtering software from electrical retailers or online.

Work with your children to understand how search engines work so that they don't come across unsuitable content and are able to find the information they need quickly and efficiently.

**Help can also be found at:**

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

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

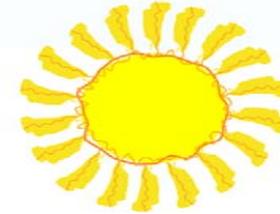
[www.freesatfromsky.co.uk](http://www.freesatfromsky.co.uk)

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

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

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

Grange Primary School



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Parents/Carers**