

SAFE SURFING On line resources

<http://safety.ngfl.gov.uk>

Superhighway Safe. An excellent guide from the Department of Education on the safe use of the Internet. Has special advice for schools.

www.bbc.co.uk/webwise.

The BBC site giving simple advice on Internet issues. Includes guidance on viruses, health and safety and personal safety.

www.caritas-socialaction.org.uk

Catholic Agency for Social Concern. Good advice for safe Internet use.

www.internetwatch.org.uk

Internet Watch Foundation (IWF) has been set up to combat illegal use of the Internet.

www.nccbuscc.org/comm/cyberspace.htm.

Text of the U.S Catholic B-shops' message *Your Family and Cyberspace*.

www.nch.org.uk/itok

An excellent site containing a great deal of information produced by the NCH Action for Children.

www.netparents.org.

U.S site with information about safety, a brief history of the Net and guidance on filtering software.

www.Pin.org.uk

Advice on the safe use of the Internet for families produced by the Parents' Information Network. Also deals with mobile phones and other issues

**Edited and produced by The Knight of Saint Columba Accrington 188
With permission from NCH Net Smart rules and Caritas- social action**

Protect your children

A guide for parents whose children have
Access to the Internet

Ten rules to keep safe

1. **EXPLORE** the Net with your children and learn to use it yourself. Know the sites your children are using – not all are educational – help them to find the best ones!
2. **AGREE** to who uses the Net, when and for how long. Put the computer in a family area of the home and if you have interactive T.V have rules for that too.
3. **ENCOURAGE** children to tell you about emails or anything online which makes them feel uncomfortable or bothers them.
4. **EXPLAIN** that personal details, passwords and credit card numbers are private so they should always check with you if anyone asks for details.
5. **CAUTION** your children never to send photos or arrange to meet anyone before checking with you and to be wary of chat rooms.
6. **TAKE TIME** to learn about parental controls and software to filter out Internet material. But remember no method is foolproof yet.
7. **DON'T MISS** hidden discs – using pornographic or hate-filled material tends to be secretive
8. **REMINDE** your children that these rules apply when using computers outside the home.
9. **COMPLAIN** to your service provider about anything objectionable on the NET.
10. **COMMUNICATE** The best protection is a healthy family Life in which members talk and pray together.

Common worries and signs of trouble

1. INAPPROPRIATE CONTACTS

Children may talk with people online who are not who they say they are or seem to be. Chat room encounters could lead to an exchange of emails or mobile phone text messages. Children might give out information or arrange a meeting that could risk their safety or the safety of other family members. In a few cases, paedophiles have used online services to gain a child's confidence and then arrange a face-to-face meeting.

WATCH OUT for a child becoming secretive about the use of the Internet or their mobile or unknown numbers appearing on your phone bill.

2. EXPOSURE TO INAPPROPRIATE MATERIAL.

Children may accidentally or deliberately access sexual, violent or racist material

WATCH OUT for a child becoming secretive about time online or downloading files into floppy discs or CDs.

3. HARASSMENT OR ABUSE.

Children may encounter abusive, harassing, demeaning, or hate filled email or bulletin boards messages

WATCH OUT for children becoming withdrawn and isolated.

4. EXCESSIVE USE.

Children could spend so much time on the Net that they neglect homework, outdoor activities or social life with friends and family.

WATCH OUT for signs that other aspects of a child's life are not neglected.

5. EXCESSIVE COSTS

Children may carelessly run up large bills or, in some cases, use your credit card to buy online via computer or T.V

WATCH OUT for higher than normal Internet or telephone bills or unknown transactions.

A guide for youths with access to the Internet

SAFE SURFING - What not to do!

1. When on-line never give anyone your last name, address, phone number, school or college name. Always keep your password secret.
2. There's great stuff on the Net. But bad stuff too. So tell your Mum, Dad or whoever looks after you if anything makes you feel uncomfortable.
3. Its cool to make new friends on the Net, but tell your Mum and Dad about who you've met.
4. Never meet an on-line friend face to face unless your Mum or Dad is with you.
- 5 Chat rooms are fun, but get out of a chat room Straightaway if someone makes you feel uncomfortable or worried.
6. Never send anyone your picture, credit card or bank details without checking with your parents or guardian.
- 7 Never open attachments or emails unless they come from someone you can trust.
8. Never respond to nasty or suggestive messages.
9. Always tell your parents or guardians or if you see rude pictures whilst online. They will inform your Service Provider.