



# Keeping Your Children Safe Online

## Cyberbullying

Cyberbullying occurs when a child, teen or adult intentionally intimidates or sends unflattering or hostile messages or threats via digital media to another person or about another person in order to harass, hurt, stalk, frighten, extort, humiliate or harm that person.

Parents need to discuss cyber bullying with their children as part of their regular discussions about Internet Safety, encouraging children to speak out against cyber bullying they witness and to report it to the appropriate person.

### Should We Set Rules?

Creating a family agreement is a useful step.

### Secret Friends

Having "Secret Friends" on the internet is dangerous. Encourage your child to talk about their internet use.

### How Long?

Agreeing time limits can be useful and removing portable devices from your child's bedroom is important.

### Personal Details

Remind your children NEVER to give personal details out over the internet.

### Supervision

Placing your computer or laptop in a busy part of the house can be helpful. This can make it easier for you to be involved in their technology use.

### Helpful Tools

### Games

Some games are for adults or older audiences and contain images and language that are not suitable for children. It is important that the games your children play are the correct age rating.

There are free parental controls and filters available.

Filtering software can be found within websites, such as YouTube. Safe search modes can be put in place for the likes of google or you can use specific search engines like YahooKids. Nothing is 100% safe. These need to work in conjunction with your rules and supervision.

### Links:

[www.childnet.com](http://www.childnet.com)  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)  
[www.ceop.police.uk](http://www.ceop.police.uk)  
[www.cyber-safety.com/parents.html](http://www.cyber-safety.com/parents.html)



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