

The following may be useful to parents seeking further information:

## Websites

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

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

[www.getnetwise.org](http://www.getnetwise.org)

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

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

[www.childnet-int.org](http://www.childnet-int.org)

## Telephone Numbers

Childline 0800 11 11

Parent Line 0808 800 2222

Perth & Kinross  
Child Protection  
Team 01738 476768

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting  
Communications Manager on 01738 476873

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لملائمة هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:  
الاسم: Communications Manager  
رقم هاتف للاتصال المباشر: 01738 476873

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹ Communications Manager سے فون نمبر 01738 476873 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡  
Communications Manager 01738 476873  
來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z  
Communications Manager 01738 476873

P ežete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eloženo pouze stru ný obsah listiny)  
Kontaktujte prosím Communications Manager 01738 476873 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись  
Communications Manager 01738 476873

Ma tha thu fhèin neo duine a dh'aithnicheas tu ag iarraidh leth-bhreacadan phàipear seo ann an cànan eile neo ann an cruth eile, (aig amannan cha bhith ach gearr-chunntas a-mhàin ri fhaighinn air eadar-theangachadh) faodar seo fhaighinn le bhith a' cur fios gu:  
Communications Manager 01738 476873



Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility

# Internet Safety

## Advice for Parents/ Carers



Education & Children's Services

As the use of the internet becomes increasingly integral to our every day lives, it is becoming more important for parents/carers to ensure that their children are safe while online and that they can make sensible, informed choices. As part of the Thinkuknow internet safety campaign, the Child Exploitation and Online Protection Centre (CEOP) provides advice to parents of how to protect their children while they are online.

Know what your children are doing online and who they are talking to.

Ask them to teach you to use any applications you have never used.

- Help your children to understand that they should **never give out personal details to online friends they do not know offline.**
- **Explain to your children what information about them is personal:** ie email address, mobile number, school name, sports club, arrangements for meeting up with friends and any pictures or videos of themselves, their family or friends. Small pieces of information can easily be pieced together to form a comprehensive insight in to their lives and daily activities.
- Make your children aware that they need to **think carefully about the information and pictures they post on their profiles.** Inform them that once published online, anyone can change or share these images of them.
- It can be easy to forget that the internet is not a private space, and as result sometimes young people engage in risky behaviour online. Advise your children **not to post any pictures, videos or information on their profiles, or in chat rooms, that they would not want a parent or carer to see.** Additionally, parents should be aware that posting photographs

on the web might expose those portrayed in the photographs to potential dangers from those wishing to exploit others.

- If your child receives spam or junk email and texts, remind them **never to believe their contents, reply to them or use them.**
- **It's not a good idea for your child to open files that are from people they don't know.** They won't know what they contain - it could be a virus, or worse - an inappropriate image or film.
- Help your child to understand that **some people do not tell the truth online and that therefore it's better to keep online friends online. They should never meet up with any strangers without an adult they trust.**
- Teach young people how to **block someone** online and how to **report them** if they feel uncomfortable.
- Always keep communication open for a child to know that **it's never too late to tell someone if something makes them feel uncomfortable.**
- Online bullying can be just as harmful to young people as other forms of bullying.