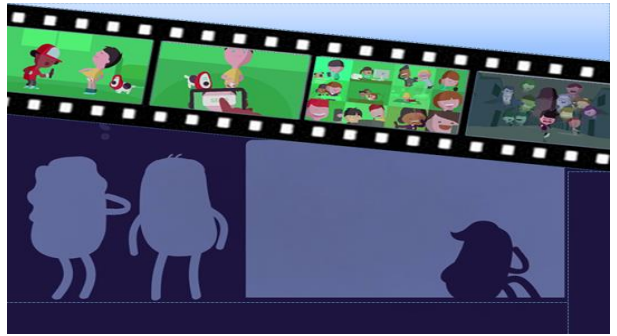




# Cyber Crime Team

## Online Child Safety



Cleveland Police are dedicated to promoting safer internet use and protecting people from becoming victims of cyber crime. Technology is advancing at such a pace that some people feel left behind because they don't have the relevant knowledge. Children are growing up in this technological world and from young ages they are using technology and social media which many parents feel they do not understand.

Parents may worry if they don't know what their child is doing online and they may not know where to look for help. The good news is that parents don't need to be IT experts in order to help keep their children safe from cyber criminals, all you have to do is...

- Keep your computer software up to date
- Use antivirus software
- Set parental controls on devices
- Talk to your child about cybercrime including cyber bullying and sexting
- Be supportive and interested in your child's online activities
- Make sure your child knows their options if they are suffering any type of cybercrime

### UK Safer Internet Centre

A partnership of 3 leading charities with a mission to make the internet a better place for children and young people

### Internet matters.org

A non-profit organisation, based in London, set up to help parents keep their children safe online and maximise their potential

There are many online resources that can give some excellent advice on how to keep your children safe online

The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children

**O2 NSPCC Net Aware** from Facebook and Instagram to Snapchat and Tumblr, this is a simple no-nonsense guide from the NSPCC and O2 to parents on social media, apps and games that kids use

**Get Safe Online** The UK's leading awareness resource helping protect people, finances, devices and businesses from fraud, abuse and other issues encountered online

**Remember** online risks are the same as real world risks. Use the parenting skills you already use every day to speak to your child about situations they may face online. Listen to what they do and then learn what you can do to help. The NSPCC 'PANTS' scheme helps to keep children safe from online abuse.



Tell/remind your child that everything under their underwear is private

They shouldn't do anything which makes them feel uncomfortable

They have the right to say no

They can talk about any secrets and reassure them they won't get into trouble for sharing with you

An adult your child trusts can help them understand what's right or wrong

### Online safety rules

- Always** use privacy settings (most social media sites will provide you with guidelines)
- Always** think about what is being posted
- Keep** account information secure
- Keep** personal information secure
- Do not** post abusive messages, bully or harass people
- Do not** post nude or sexual images
- Do not** break the law or support others in doing so
- Do not** pretend to be someone you're not
- Respect** other people you're contacting

The NSPCC can also be contacted if you have concerns over your child. They can be called on 0808 800 5000.