



St Louise's

Comprehensive College, Belfast

A Specialist College

HELPING YOUR DAUGHTER/SON STAY SAFE ON-LINE



- ✓ The most important thing is to have conversations with your daughter/son. Talk to her/him about the benefits and dangers of the internet so that you can empower her/him to use the internet safely.
- ✓ Cultivate an interest in her/his online activities - her/his favourite web sites, online games and interests. Keep an eye on what she/he is doing online.
- ✓ Don't be afraid to ask your daughter/son who she/he is talking to online and what she/he is talking about. Remind her/him how important it is to tell a trusted adult if something happens online that makes her/him feel uncomfortable or worried because there are people who can help.
- ✓ Become a net-savvy parent - the best safeguard against online dangers is being informed. Jump in and learn the basics of the Internet - read articles, take a class, and talk to other parents. You don't have to be an expert to have a handle on your daughter's/son's online world.



FOR ADDITIONAL ADVICE AND INFORMATION VISIT:

www.getsafeonline.org

www.deni.gov.uk/index/pupils-and-parents/pupils.htm



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BEE SAFE STAYING SAFE ON-LINE THIS SUMMER

- X** Don't share personal information or images with people who you don't know.
- X** Don't accept friend requests with someone you don't know - everyone online may not be who they say they are.
- X** Don't post anything online that you are not happy to be shared, particularly nude or nearly nude images or videos. It may seem like a bit of fun with friends at the time but there is always a chance those images could be shared or get into the wrong hands and could lead to harmful situations such as stalking, abuse or blackmail.
- ✓ Set privacy settings on all your devices so that only people you know can view your account.
- ✓ **Tell** the police or a trusted adult if someone has made you feel uncomfortable or you have had disturbing interaction online.
- ✓ If you receive any inappropriate images or links, it is important that you do not forward it to anyone else. **Tell** the police or **tell** a trusted adult immediately. By doing this you could help prevent further such incidents. You will not get into trouble.

Remember that if things do go wrong online, there are people who can help. You can phone :

The Police on: 101
Childline on: 0800 1111
Lifeline on: 0808 808 8000



The internet can be a great place but it is important to remember there are people out there who may wish to abuse, exploit, intimidate or bully you online – if this happens to you, **tell someone immediately!**