

Creating a secure password

Different websites have their own criteria to making sure a password is strong. Although this may differ from site to site there are some things to consider to make sure that you help your child to create a secure and safe password:

- Make sure your password is a minimum of 10 characters
- Use both uppercase and lowercase letters throughout the password
- Use numbers as well as letters

To make sure you remember your password you can use memorable words, but make these harder to guess by using numbers instead of letter!

Spot The Difference



December 2017

Dear Parents/Carers

As Christmas approaches, I am sure that there are lots of gadgets, phones, tablets, gaming and computing equipment on those Christmas lists this year and what a wonderful chance to get our children up to date with all the latest tech. With this in mind, I've included some points to think about when sending the lists off to Father Christmas and, hopefully, opening the tech gifts on Christmas morning.

The Christmas holidays are also a great time to have a digital clear-out. Dependent on the amount of time you spend online, what online services you use, what you post etc. and on what devices, I would hazard a guess that you and your children accumulate a large amount of digital 'junk'. The Christmas holiday is an ideal time to have a really good clear-out and tidy-up of all the things we use.

Have a fabulous and tech-filled Christmas and stay safe on-line.

Mr Ball

Devices

Get a list together of all the devices you and your family use. This would include things like PC's, laptops, mobile phones, tablets, gaming stations (e.g. Playstation, Wii, Xbox) Are you aware of all the parental settings on these devices, e.g. preventing age-inappropriate games being downloaded? Are they set up correctly? It's worth double-checking

Games

Are you aware of the games your children are playing? Are they age appropriate? If they're playing online, is there a chat/private chat function? Are you happy with this? Go through their devices with them and check those games on the **Common Sense Media** website to satisfy yourself that you are happy with them.

Social Media

Check which social networks are being used. Any old ones that aren't used anymore? If so get them deleted. If you're not sure how to delete them just go to Google and put, for example, "how to delete Instagram account" in the search bar. They're all quite easy to do. Go through old posts and have a good clear-out. Do you still want everybody to see those old photos, videos or comments? Check for any age restrictions (commonly 13). Check privacy settings. Again, these are really easy in most apps but if you're not sure use Google or have a look on **Internet Matters**.

Other Apps and Passwords

Particularly on mobile devices such as phones and tablets, there may be apps that you aren't aware of. Have a look through and make sure you recognize them all, what they do etc. If you're not sure have a look on the **Common Sense Media** website. Changing passwords can be a real pain but changing regularly is always a good idea due to hacking/fraud etc. Also enter your details into the website <https://haveibeenpwned.com> to see if any of your accounts may have been compromised in the past.

Google/YouTube

Depending on the age of your child, consider enabling **Restricted mode on YouTube** and **SafeSearch on Google**. Have a look through the history, searched items and watch later items to satisfy yourself that the videos/ channels your children are watching are appropriate for their age. For younger children (7 and under) consider using the **YouTube Kids app**.

Useful Links:

CEOP www.ceop.police.uk
Common Sense Media www.commonsensemedia.org
Internet Matters www.internetmatters.org
My YouTube Channel <http://bit.ly/esafetyyoutube>

Do you know all about Parental Controls?

Parent controls are a great tool to help protect your children online. These controls are designed to help parents and carers manage their child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they don't replace the need for adults to support and advise children using the internet. For details on what controls can be used for and how to set them up please visit <https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

A few websites with great information for parents and carers



digizen.org

a Childnet website

Visit Childnet's main website
www.childnet.com
for the latest resources and news

Childnet
International

Key things to remember when helping your child set up a new profile

Setting up a profile on a new site or game can seem like a daunting task. Profiles are needed for a variety of sites, from gaming websites and social networking sites to the sites children use for school work. There is plenty to consider, such as choosing the perfect profile picture, creating a memorable password and coming up with a username. All of this may seem even harder when trying to make a safe profile for your child.

So what is important to keep in mind when helping your child to create their first online account?

Using a family email address

Setting up a family email address can be a great way to keep track of what websites each member of your family have accounts on. This ensures that your personal email address won't be full of spam from the service your family uses but means that you can keep an eye on the activity and notifications from each of your child's accounts.

Username

One of the key things you need to set up a profile, especially on gaming websites, is a username. This is how people add a user as a friend, find accounts to interact with and is usually what is displayed on screen during a game or chat.

What should you keep in mind when picking the perfect username?

- Don't use full names. It's important to think about what personal information your child is giving away whilst setting up a profile. A lot of information can be given away in a username, especially if this includes a full name or birth year.
- Don't use someone else's name. Although, you shouldn't use your child's full name on a profile. It's best not to encourage your child to pretend to be someone else, and it's important that their early interactions with the internet are honest and open, whilst remaining safe.
- Avoid using first names. Whilst many children may think that using their first name is safe as there are so many people with that name, there are things to consider. For example unusual spellings or names could identify a person or nationality. Using a first name could also mean that a child feels a certain sense of familiarity with anyone messaging them using their name.
- Ensure you know who you are accepting gaming requests from. Sometimes your child might say that they want to use their full real name so that their friends can recognise their profiles. It is worth suggesting that although their friends may not initially recognise their username they can tell them in person what their username is. If they are accepting requests from other players then it is important that they do this with parental support. Talk to them about what to do if someone says something unkind or asks to meet up