



OFFICIAL - POLICE

Dear Parent/Carer,

You will be aware the internet hosts many exciting opportunities for education. The online world is a wonderful place for young people to explore, with unprecedented opportunities for learning and creativity, but just like the real world there are risks and dangers they should be aware of and which we should all act to protect them from. As an organisation we encourage the use of technology as an important part of a young persons' development but always want them to spend their time online safely. As a parent/carers you can play a significant part in ensuring this.

Just a few simple steps by you can help keep them safe and give young people the awareness to know what to do if they feel uncomfortable about anything they encounter while on the internet.

If you do not wish for your child to be able to access any inappropriate content online, please ensure that their computers, laptops and other devices with internet access are all fitted with parental controls.

You can find free downloadable versions online or you can contact your internet service provider (such as BT, TalkTalk, Sky) for more information.

As a **minimum**, please set parental controls on your search engines, YouTube account and the mobile phone your child uses.

One of the most popular search engines in the world is Google. You can visit Google's informative safety centre for **simple** step by step guides - www.google.com/familysafety/tools

The Child Exploitation and Online Protection Centre (CEOP) advise that you talk to your child about the sites and apps that they use. Why don't you discuss:

- Their favourite online sites and apps
- What they enjoy most, the fun aspects of being online?
- What they think can go wrong?
- How would they react if things got out of control?

Let them know that you understand that situations happen online and that seeing 'adult' material can make them feel uncomfortable. Make sure they know that you are there to help.

Want to find out more and learn how to keep your child safe online?

Please contact your local Neighbourhood Policing Team by visiting www.cumbria.police.uk and selecting 'Contact Us' at the top of the page and use the General Enquiries form. You can contact us from there, alternatively call 101 and ask to speak to your local team.

Visit The Child Exploitation and Online Protection Centre (CEOP) parents' information website for more information - www.thinkuknow.co.uk/parents

I have also attached some additional information to this letter for further reading.

David Macdonald

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Neighbourhood Policing Sergeants
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Organisations and resources for parents and carers



This sheet provides parents and carers with useful sources of advice and information, both for general online safety and in particular, for this year's Safer Internet Day theme of 'All fun and games? Exploring respect and relationships online.' It also includes information on how to report online problems.

The UK Safer Internet Centre partnership:



UK Safer Internet Centre (UKSIC)

The UKSIC co-ordinates Safer Internet Day in the UK. Appointed by the European Commission, the UKSIC is made up of three partners: Childnet International, the South West Grid for Learning and the Internet Watch Foundation. We raise awareness about online safety, develop resources and organise nationwide events such as Safer Internet Day: saferinternet.org.uk/parents



Childnet

A non-profit organisation working to help make the internet a great and safe place for children. The Childnet website has lots of resources for young people, parents, carers and teachers. The Parents and Carers page contains a family agreement, advice on talking to your child about online issues and further places to go for help: childnet.com



Internet Watch Foundation (IWF)

The UK's hotline for anonymously reporting images and videos of child sexual abuse online. The IWF works in global partnership with the online industry, law enforcement, government and international partners. It is a charity with over 150 Members from the internet and tech industries: iwf.org.uk



South West Grid for Learning (SWGfL)

A not for profit, charitable trust dedicated to the advancement of education through the use of technology. Provides professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential: swgfl.org.uk

Organisations and resources
for parents and carers

#SaferInternetDay

www.saferinternetday.org.uk

PARENTS
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Safety tools and advice on specific games, apps and services



AskAboutGames

Advice and online guides about gaming and PEGI age ratings:
askaboutgames.com



Common Sense Media

Expert reviews, advice and age appropriate recommendations on games, apps, films and more: commonsensemedia.org



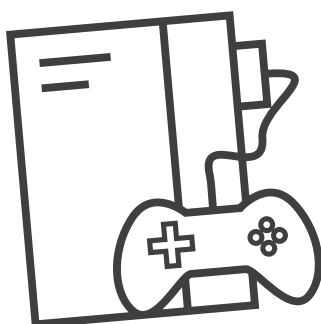
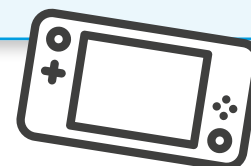
Family Gaming Database

Information presented for parents and carers to find games suitable for children, teenagers and young adults: taminggaming.com



Internet Matters

Support and advice across a range of online safety issues. Useful guides to setting parental controls: internetmatters.org



Organisations and resources
for parents and carers

#SaferInternetDay

www.saferinternetday.org.uk

PARENTS
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General online safety information for parents and carers



UKSIC Advice Centre

Advice and articles for parents and carers (and other audiences) on a range of issues, as well as weekly blogs on emerging topics:

saferinternet.org.uk/advice-centre



Childnet's Parent and Carer Toolkit

Advice for parents and carers on how to talk with their child about staying happy, positive and safe when online: childnet.com/parents-toolkit



Childnet's Key Topics

Advice for parents and carers for supporting children of different ages with a range of key online safety topics: childnet.com/parents-and-carers



Information and Advice for Foster Carers/Adoptive Parents

Free, printable leaflets with top tips and conversation starters to help foster carers and adoptive parents support their child to use the internet safely:

saferinternet.org.uk/fostering-adoption.



TALK Campaign by IWF

Young people are increasingly being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and carers believe they are safe. Make sure your home doesn't have an open door to child sexual abusers: talk.iwf.org.uk



BBC Own It

Articles, videos and advice written to help young people be the boss of their online lives. Some content available for parents and carers, and lots to share with your child: bbc.com/ownit



ThinkUKnow

Delivered by NCA-CEOP, this site contains information for children and parents, as well as a link for children to report sexual abuse or grooming online:

thinkuknow.co.uk.

Organisations and resources
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#SaferInternetDay

www.saferinternetday.org.uk

PARENTS
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Where to report and get help



UK Safer Internet Centre – Need help?

Advice on what to do if a child comes to you for help and how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour:

saferinternet.org.uk/need-help



Report Harmful Content

Provided by SWGfL on behalf of the UKSIC. Gives advice on how to report online problems, offers help in removing harmful content from platforms and supports with reports that need to be escalated: reportharmfulcontent.com



Internet Watch Foundation (IWF)

The UK's hotline for anonymously reporting images and videos of child sexual abuse online. Images or videos confirmed as breaking UK law will be reported to global partners for removal from the internet: iwf.org.uk



Report Remove Tool from Childline and IWF

It can be scary finding out a nude image or video of you has been shared online. But there is help available. Report Remove may be able to help under 18s get it removed. Search 'Report Remove Childline' for more info.



Child Exploitation and Online Protection (CEOP)

A police agency tackling child sexual abuse and grooming online. Adults and young people can make reports of grooming or child sexual abuse online at:

ceop.police.uk



NSPCC helpline

The NSPCC provides a helpline for all adults to answer questions or address concerns about protecting children offline and online. Call on: 0808 800 5000 or visit: nspcc.org.uk/report

The NSPCC also provides the Childline helpline. Children can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at childline.org.uk



Young Minds

A UK charity committed to improving the wellbeing and mental health of children and young people. They offer a free confidential helpline for parents on 0808 802 5544. Information and advice for young people and adults can be found at:

youngminds.org.uk