Don't forget...

Set up parental controls on ALL your devices connected to the Internet - that includes your TV!

If someone sends you something abusive on social media, block and report them to the site.

What you put online is there forever - think before you post.

For more information about keeping you safe online visit www.avonandsomerset.police.uk/besafeonline

Follow us on:

www.facebook.com/avonandsomersetpolice

www.twitter.com/aspolice

You Tube www.youtube.com/aspolice

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How Safe Are You Online?

Keeping **you** safe online

Here you will find some great resources, information and advice about using the internet safely.

Advice and guidance

Cyber Streetwise www.cyberstreetwise.com
Learn how to protect your home or business from all aspects of cyber crime with an accessible and interactive guide.

UK Safer Internet Centre www.saferinternet.org.uk
eSafety tips, advice and resources. Organisers of Safer Internet Day in the UK.

BBC Webwise bbc.in/1dTHXPY
Videos to help you make the most of your internet use, including advice on social media and libel laws.

Social media safety

Facebook Safety Centre www.facebook.com/safety
Tools and resources to help you stay safe, learn how to report abuse and how you can play your part in the Facebook community.

Twitter Safety and Security Centre bit.ly/1dysWrP
Providing information on your safety settings and how to deal with abuse and offensive content.

Report abuse

Child Exploitation and Online Protection (CEOP) www.ceop.police.uk
Report online child abuse or attempted child abuse.

Internet Watch Foundation www.iwf.org.uk
UK website for reporting illegal content found on the internet, specifically child abuse and criminally obscene images.

On social media
If someone sends you something abusive, report it using the site's own reporting feature and remember you can block them.

If you believe someone is in immediate danger, including self-harm, call 999.

Keeping **your children** safe online

Here are some helpful resources and advice for helping your children enjoy the internet safely.

Knowledge hubs

Thinkuknow www.thinkuknow.co.uk
Helpful resources for parents and children with different sections on the site relevant for different age groups: 5-7, 8-10 and 11-16 years.

Childnet International www.childnet.com
Advice, parental control settings, hot topics and a glossary of online terms.

Vodafone's digital guides for parents www.vodafone.com/parents
Magazines full of all things digital with a focus on smart phones.

Social media guides

Ask.FM online safety guidance bit.ly/1kf6R6h
Ask.FM allows users to ask questions anonymously - checking your child's privacy settings can help keep them safe from cyberbullying.

A parent's guide to Snapchat bit.ly/1b3oA5Y
Snapchat is a popular app letting users share photos for up to 10 seconds. This guide tells you how it works and what the risks are.

A parent's guide to Instagram bit.ly/19uByi4
Instagram is a photo and video sharing app - find out how to manage the risks of your child sharing their media with the world.

Kik's guide for parents bit.ly/15BPBS7
Everything you need to know as a parent about the latest messaging service popular with teenagers.

Advice on online issues

A parent's guide to dealing with sexting bit.ly/1j7wEuJ
What to do if you're worried about a child sharing inappropriate pictures of themselves or others.

ChildLine If your child is experiencing issues and would like to talk to someone confidentially, give them the ChildLine number 0800 1111. If you're worried or unsure, contact NSPCC for help and support on 0808 800 5000.

If your child is having issues online, talk to their school as the problem could involve their classmates and could be continuing offline.