

## << Internet safety at home >>

Many Internet Providers offer systems to help you keep your child safe at home, but it can still be too easy for children to access inappropriate material including text, pictures and movies. Parents can set the security levels in their chosen internet browser with this in mind. Putting the computer in a family area and not hidden away in a bedroom, will help you watch your children when they use the Internet. Don't stop your child from using the information and games available on the Internet. Instead use simple rules for keeping them safe and make sure they understand them.

## << Some simple rules for children >>

When I use the internet, I must:

- only use websites I have agreed with an adult;
- only use a child friendly search engine;
- only send email to and open email from people I know;
- ask permission before opening an email sent by someone I don't know
- not use Internet chat rooms unless with an adult;
- not use my real name when using games on the Internet (create a nick-name);
- NEVER give out my home address, phone or mobile number;
- never tell someone I don't know where I go to school;
- never arrange to meet someone I have 'met' on the Internet;
- only use a webcam with people I know;
- tell an adult immediately if I see or hear anything I am unhappy with.

## << Using these rules >>

Go through these rules with your child and display them near the computer.

It is also a good idea to regularly check the Internet sites your child is visiting by clicking on 'History' and 'Favourites'.

Please explain to your child that you want to keep them safe rather than take Internet away from them.

Further information can be found here:

CEOP: [www.ceop.gov.uk](http://www.ceop.gov.uk)  
Think U Know: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
Childnet: [www.childnet-int.org](http://www.childnet-int.org)

## << Useful websites >>

When searching the Internet we recommend you use one of the following child friendly search engines, such as:

**Ask Jeeves for kids**  
[www.askkids.com](http://www.askkids.com)

**CBBC Search**  
[www.bbc.co.uk/cbbc/find](http://www.bbc.co.uk/cbbc/find)

**Kidsclick**  
[www.kidsclick.org](http://www.kidsclick.org)

**Dibdabdo**  
[www.dibdabdo.com](http://www.dibdabdo.com)

# Children, ICT and E-Safety

Information for parents, carers and adults.



## About this information leaflet

Children today are increasingly using Information & Communication Technology (ICT) at school and in the home. This leaflet tries to explain:

- how children use ICT in schools;
- how you can help children to use ICT at home;
- how to use the internet safely (E-Safety);
- where to get more information.



--::> Visit our website: [www.forestchildrenscentre.org](http://www.forestchildrenscentre.org) <::--

## << What children do in school >>

ICT in schools is taught as a separate subject, but also supports children's learning in other subjects, including English and mathematics. In ICT lessons children learn to use a wide range of ICT including:

- word processing to write stories, poems and letters;
- databases to record information;
- spreadsheets to create tables, charts and graphs;
- desktop publishing to design posters, leaflets and cards;
- multimedia presentations to present text, pictures and sound;
- drawing programs to create pictures and designs;
- internet and CD-ROMs to find information;
- email to contact children and teachers in other schools;
- digital cameras to record what they have done in class or on a visit;
- microphones to record podcasts, text and music;
- writing and publishing a learning blog;
- electronic sensors to record changes in light, sound and temperature;
- controllable floor robots to give instructions and make something happen;
- simulations to explore real and imaginary situations;
- website design and publishing to present ideas over the Internet.

## << Useful software to have at home >>

As well as having software for playing games and using the internet, it would be useful to have additional programs on your computer at home. Many programs can be downloaded for free just by searching the internet.

Examples of such programs are:

- software for word processing, desktop publishing, spreadsheets and presentations;
- website design software;
- image creation and manipulation software;
- sound recording software;
- virus scanner/killer, firewall and pop-up/advert blocker;
- media players.

## << How learning with ICT at home helps >>

Home use of ICT by children:

- improves their general ICT skills through regular practise;
- offers them a choice in what they learn and how they learn it;
- supports homework and revision by presenting information in different ways;
- improves the presentation of their work;
- connects learning at school with everyday tasks at home.

## << How you can help at home >>

ICT is not just about using a computer. It also includes the use of controllable toys, digital cameras and everyday equipment such as phones, tape recorders and DVD players.

You can help your child develop their ICT skills at home by:

- practising and improving accuracy when using a mouse;
- writing a letter to a relative using a word processor;
- sending an email to a friend, including replies and attachments;
- using various tools to draw an original picture on screen, or copy an existing picture;
- using the Internet to research a topic and/or project for a school subject;
- planning a route around obstacles with a controllable toy, such as a remote controlled car;
- using digital cameras and video cameras and editing photos and movies;
- using a DVD player, video recorder or set-top box, to program dates and times;
- using a mobile phone to take photos, record sounds and send messages;
- using interactive, educational games to solve problems and find solutions.

A selection of companies offer school software for use at home.

## << Extra copies of this leaflet >>

If you need to print extra copies of this leaflet, or want an electronic copy to keep on your computer, it can be downloaded here:

[http://www.forestchildrenscentre.org/downloads/esafety\\_leaflet.pdf](http://www.forestchildrenscentre.org/downloads/esafety_leaflet.pdf)

