

The following may be useful to parents seeking further information:

Websites

www.thinkuknow.co.uk

www.ceop.gov.uk

www.childnet-int.org

www.respectme.org.uk

www.beatbullying.org

www.iwf.org.uk

Telephone Numbers

Perth & Kinross 01738 476768
Child Protection
Duty Team (24 hours)

Police Scotland 101

In an Emergency call 999

Parent Line 0800 028 2233

Childline 0800 11 11

Crimestoppers 0800 555 111

NHS 24 111

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting
Customer Service Centre on 01738 475000.

ان احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لمخصص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:
الاسم: Customer Service Centre
رقم هاتف للاتصال المباشر: 01738 475000

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹس Customer Service Centre سے نوٹ نمبر 01738 475000 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡
Customer Service Centre 01738 475000
來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z
Customer Service Centre 01738 475000

P ežete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny)
Kontaktujte prosím Customer Service Centre 01738 475000 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись
Customer Service Centre 01738 475000

Ma tha thu fhèin neo duine a dh'aithnicheas tu ag iarraidh leth-bhreacadan phàipear seo ann an cànan eile neo ann an cruth eile, (aig amannan cha bhith ach gearr-chunntas a-mhàin ri fhaighinn air eadar-theangachadh) faodar seo fhaighinn le bhith a' cur fios gu:
Customer Service Centre 01738 475000

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

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Internet Safety

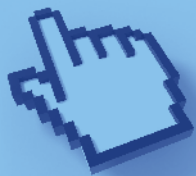


Advice for Parents/Carers



As the use of the internet becomes increasingly integral to our every day lives, it is becoming more important for parents/carers to ensure that their children are safe while online and that they can make sensible, informed choices. As part of the Thinkuknow internet safety campaign, the Child Exploitation and Online Protection Centre (CEOP) provides advice to parents about how to protect their children while they are online.

It is important to be involved in your child's online life. For many of today's young people there is no line between the online and offline worlds. Just as you guide and support them offline, you should be there for them online too. Talk to them about what they're doing; if they know you understand they are more likely to approach you if they need support.



- **Set boundaries in the online world just as you would in the real world.** Think about what they might see, what they share, who they talk to and how long they spend online. It is important to continue to discuss boundaries so that they evolve alongside your child's use of technology.
- **Explain to your children what information about them is personal:** ie email address, mobile number, school name, sports club, arrangements for meeting with friends and any pictures or videos of themselves. Small pieces of information can easily be pieced together to form a comprehensive insight into their daily lives.
- Help your children to understand that they should **never give out personal details to online friends that they do not know offline.**
- **Emphasise that not everyone is who they say they are and that some people do not tell the truth.** Make sure your child understands that they should never meet up with anyone they only know online without taking a trusted adult with them.
- If your child uses social networking sites, **ensure that their settings are private and that these are reviewed regularly** to take into account updates and changes to the site.
- It can be easy to forget that the internet is not a private space, and as a result sometimes young people engage in risky behaviour online. **Advise your children not to post any pictures, videos or information on their profiles or in chat rooms, that they would not want a parent or carer to see.** Posting photographs online might expose those portrayed in the photographs to potential dangers from those wishing to exploit them.
- **If your child posts or forwards, indecent, racist, sectarian, threatening or inflammatory comments or photographs they may be committing an offence and may be subject to prosecution.**
- **Online bullying can be extremely distressing and invasive for victims. If your child has been cyberbullied, make sure that they:**

- do not respond to the bully;
- block contact with the bully;
- save relevant communication such as texts, emails or webpages.

Report the incident to the website or service provider, your child's school if appropriate or, if it is continuous harassment, to the police.

- **Know what connects to the internet and how.** Nowadays even the TV connects to the internet. Your child will use all sorts of devices and gadgets; make sure you're aware of which ones can connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet - is it your connection or a neighbour's WiFi? This will affect whether your safety settings are being applied.
- **Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.** Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and service providers are working hard to make them simple, effective and user friendly. **Find your service provider and learn how to set your controls.**
- **Many mobile devices and online services can track your location.** Some of these features might be very useful or fun but if your child shares their location it can also be very risky. Some phone location sharing services also synch with social networking sites. **If your child gives away their location it can potentially provide information about their identity and their whereabouts to a wide audience.** Talk to your child about their use of these services to ensure that they are aware of the risks.
- **Know what to do if something goes wrong.** Just as in the offline world, you want to help your child when they need it. Therefore, **it is important for you and your child to know when and how to report any problem.**