

STAY E-SAFE THIS CHRISTMAS

Dear Parent/Carer,

As Christmas gets ever closer, our children will be writing lists to Santa or giving hints about what they would like under the tree.

Technology is now a very popular item on many children's lists with tablets, smartphones, game consoles and smartwatches likely to be asked for this year.

Whilst we want children to enjoy their presents, it is also important that parents look at ways to ensure that their children use these devices safely.

Watching Videos

It can be fun to watch videos online but sometimes you might see or hear something that makes you feel worried, scared or sad.

It is best to watch videos when there is a grown up watching with you, not on your own.

Sharing Pictures

- Always ask for permission before you take somebody's picture.
- Only share pictures with people who you know and trust offline.
- If you want to share a picture of someone else, always ask them if it's OK first. If they say 'No', don't share it.
- You have the right to say 'No' to a picture of you being shared with other people.
- If you're sent a picture or see something that makes you feel worried or sad, tell an adult you trust and they can help

Chatting Online

If you are chatting to people by sending messages or on video when you are online, only chat to people who you know and trust in real-life like family and friends.

It is easy for people to pretend when they are online. They might not always be who they say they are, or say what they really mean

Remember:

- **If someone says something that makes you feel worried, scared or sad, tell an adult you trust.**
- **If someone you don't know tries to chat to you online, tell an adult you trust.**
- **Sometimes people online can be unkind. If someone says something mean online or makes you feel sad, tell a grown up you trust.**
- **If someone says something which makes you feel worried, scared or sad, remember you don't have to reply. Not replying and switching off your phone, tablet or game can help you feel better.**

Personal Information

Personal information is information that belongs only to you and you shouldn't share this online. Examples of personal information include

- . **Your Real Name**
- . **Where You Live**
- . **Your Age**
- . **Where You Go To School**
- . **Your Phone Number**
- . **Your Username or Password**
- . **Pictures of Yourself or Family**

Gaming

Playing an online game with your real-life friends can be great fun. You should only play with people who you know and trust offline, like friends from school.

Some games are only for grown ups or older children. Ask your parent or carer to check that the game you're playing is OK for children your age to play.

If you ever feel worried, scared or sad about something that happens when you are playing a game, tell an adult you trust.

The internet can be an exciting place to learn and have fun, but sometimes you might see something online that makes you feel worried, scared or sad.

If that happens, tell an adult you trust like a parent or a teacher, and they can help.

Parents and Carers Need to Know

Your children are probably the go-to IT advisor in the family, but security may not be their top priority. We've teamed up with The National Cyber Security Centre to give you some advice about how you and your family can work together to make some small changes to the security of your online accounts and devices to better protect yourselves from online scams.

What is cyber security?

Cyber security is important because smartphones, computers and the internet are now such a fundamental part of modern life, that it's difficult to imagine how we'd function without them.

Cyber security is the way we reduce the risk of becoming a victim of cyber-crime. Cyber-crime is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on.

For example:

- **Hacking to get information, including social media and email password**
- **Phishing, where bogus emails asking for security information and personal details**
- **Malicious software, through which criminals hijack files and hold them to ransom**

Cyber security is about protecting the devices we use and the services we access online. It's also about preventing unauthorized access to the personal information we store on these devices, and online.

Cyber Aware Tips

1. **Protect your email account with a separate password**
2. **Create a strong password using three random words**
3. **Turn on two factor authentication**
4. **Update your devices**
5. **Turn on automatic backup**

Report suspicious emails

Ever wondered what you should do if you or your children receive an email you think might be scam? The National Cyber Security Centre (NCSC) has recently launched its Suspicious Email Reporting Service, so if you receive an email you think is at all suspicious you can simply forward it to report@phishing.gov.uk.

If anything is found to be malicious, the NCSC will take it down and you will have helped protect others from falling victim to scams. Since it was launched in April, they have received over a million reports, which has led to over 10,000 new scams being taken down.