

## Appendix 1 - Websites for parents and carers

### AbilityNet

AbilityNet helps disabled adults and children use computers and the internet by adapting their computer equipment.

[www.abilitynet.org.uk](http://www.abilitynet.org.uk)

### Anti-Defamation League

The Anti-Defamation League helps fight anti-Semitism, extremism and hatred. They have a free filter that you can download called the 'hate filter' which protects children from known hate sites. They also have a section called 'A Parent's Guide to Hate on the Internet'.

[www.adl.org](http://www.adl.org)

**ChildNet International** This website can be used for teenagers. It focuses specifically on the risks in all interactive services where young people can meet with other people, including chat rooms, mobile phones and online games. It has lots of case studies and good advice. <http://www.childnet.com/young-people/secondary>

**Child Exploitation and Online Protection Centre** <http://www.ceop.gov.uk/> The child exploitation and Online Protection (CEOP) Centre works across the UK and maximises international links to deliver a holistic approach that combines police powers with the dedicated expertise of business sectors, government, specialist charities.

**Childnet's Kidsmart** Kidsmart has a parents' section with a range of advice and resources. There are several versions of the parents' 'KnowITAll' section which can be watched and listened to as well as fact sheets on specific issues like spam.

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

### NHS

For more information on how to protect your child from cyberbullying see the following website run by the NHS:

<http://www.nhs.uk/Livewell/Bullying/Pages/Cyberbullying.aspx>

### GetSafeOnline

GetSafeOnline is a new website which focuses on online security and protection issues. It contains advice about firewalls, spyware and antivirus protection as well as how to protect your child.

[www.getsafeonline.org](http://www.getsafeonline.org)

**Kidscape** for parents, guardians or concerned relatives and friends of bullied children, the charity Kidscape offer a hotline for advice with trained for counsellors. The Helpline is available on 08451 205 204 Monday-Friday from 10.00am-4.00pm.

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Think U Know** -This website is created by the Child Exploitation and Online Protection (CEOP) Centre and contains loads of information on how to stay safe online. All hot topics are covered - including mobiles, blogging and gaming sites.

<http://www.thinkuknow.co.uk/>

**UKCISS** - the UK's Council for Child Internet Safety (UKCISS) - formed by Government to help children understand the risks and benefits of social media, and prevent risks becoming problems. The latest official guidance from Government working together with industry, charities, law and academia.

## TECHNICAL SOLUTIONS

**Ad-Aware** Spyware is designed to go unnoticed. Lavasoft's Ad-Aware is a program you can download to look for spyware and adware on your computer and delete it. [www.lavasoftusa.com](http://www.lavasoftusa.com)

### **Firewalls**

Another way to stop advertising services like pop-ups is to install a firewall. Products such as AVG will let you know when software on your system is trying to send data out to the internet and block it. Although this may sound like an extreme solution for your home PC, a firewall is arguably the best ongoing protection against this kind of invasion of privacy. You can download AVG for free from the internet.

[www.avg.com](http://www.avg.com)

Windows 10 based PC's come pre-loaded with Windows Defender.

<http://windows.microsoft.com/en-gb/windows-10/getstarted-protect-your-pc>