



网上安全-帮助孩子们安全上网

帮助孩子们安全上网的最好方法，就是当他们使用网络和新科技时，与他们交谈，并确保他们理解这些简单的规定：

- 不要将私人信息通过网络泄露给网上的“朋友”。当登陆时，要用虚拟名字，不要将真实的全称，电子邮件，手机号码，学校名称或者任何照片，包括家人和朋友的照片与人分享。没有任何允许，绝不将任何照片，视频在网络上进行修改或者分享。
- 要告诉你的孩子，在他们在网络上进行操作或与人进行交流时，遇到不熟悉的东西时，要让父母知道。将计算机放在家中客厅里，他就意味着能够与你的孩子共同分享上网的经历，致使他们不太可能行为不当（例如：通过摄像头），也让他们的网上“朋友”能够看到他们与父母在一起。
- 如果你的孩子收到不良信息，提醒他们不用回复，他们只要将这些信息保留，显示给你或另外一个可以信赖的大人即可。
- 广告邮件和垃圾邮件的内容，并非真实，提醒他们不要回复，不要把它们发送给其他人，只要删掉即可。
- 不要开启来自你不认识人的邮件，他们有可能携带病毒或者不良内容，如：一张不太好的图片或者一段电影视频。
- 不管你们以朋友形式在网上联系多长时间，要知道这个网络“朋友”是你在实际生活中没有见面的人。
- 让你的孩子明白有些人在网络上说谎话，而且非常善于在网络上“交友”。没有可信赖大人的陪同，绝不应与任何所谓的“网友”见面。

- 要让孩子们懂得，如果他们感觉不自在时，如何去阻止/锁住网络上的人，而且将这些不自在的内容汇报给相关部门。

确保你的孩子感受到能够与你交谈，让他们认识到如果因某事让他们感到不舒服时，无论何时告诉大人都不晚。不要责备你们的孩子，让他们认识到你相信他们。

热门网站：

www.safety.lgfl.net

www.ceop.gov.uk

www.thinkuknow.co.uk

www.getnetwise.org

<http://www.childnet-int.org/safety/parents.aspx>

E-safety – helping your child stay safe

The best way to help your child to be a safe when using the internet and new technologies is to talk to them and make sure they understand these simple rules:

- You should never give out personal details to online 'friends'. Use a nickname when logging on and don't share full name, email address, mobile number, school name and any photos, including photos of family or friends – any picture or video online can be changed or shared without permission.
- Talk to your child about what they are doing online and who they are talking to. Get them to show you how to use things you are not familiar with. Keeping the computer in a family room means that you can share your child's online experience, they are less likely to act inappropriately (i.e. via webcam) and their online 'friends' will see they are in a family room.
- If your child receives a message that upsets them, remind them not to reply, they should save the message and show you or another trusted adult.
- Spam and junk emails and texts are not true, don't reply or send them to anyone else, just delete them.
- Don't open files sent from people you don't know. They could contain a virus, or worse – an inappropriate image or film.
- An online 'friend' is anyone you have not met in real life; no matter how long you have been friends with them.
- Help your child to understand that some people lie online and that it's better to keep online 'mates' online. They should never meet up with any online 'friends' without an adult they trust.
- Make sure they know how to block someone online and report them if they feel uncomfortable.

Make sure your child feels able to talk to you, let them know that it's never too late to tell someone if something makes them feel uncomfortable. Don't blame your child, let them know you trust them.

Useful websites:

www.safety.lgfl.net

www.ceop.gov.uk

www.thinkuknow.co.uk

www.getnetwise.org

<http://www.childnet-int.org/safety/parents.aspx>