



Guidance for children aged 5-10

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If you are a child between the ages of five and ten and you like using your computer to play games or chat with people online, this information is for you. The Methodist Church has also written some information for young people, parents and youth workers. You may like an adult to help you with this information; ask a teacher, your club leader, parent, guardian or godparent to read through this with you.

It can be fun to use the computer for all sorts of things. We are going to tell you about some of the fun things you can do but also how to stay safe and how to get help if something goes wrong, if you're feeling unhappy or scared about anything that happens.

What can I do online?

Before you do anything online it's really important to ask for permission from a parent or whoever looks after you. They should be able to suggest some fun things for you to do and help you get started.

Games

You can play games on your own or with people from all over the world (how exciting is that?).

Friend websites

Websites such as Bebo or MySpace are a fun way of talking to friends, telling people what you have been up to and sending pictures. Stick to sites that are for your age group.

Email

Email is a good way of sending messages to friends and family. Emails are often used by people at work. They are a bit like sending a letter, but unlike an ordinary letter you receive the information in seconds and you can message lots of people all at the same time.

Chat rooms

Chat rooms or instant messengers (IM) are places where you can chat to people you know or to people you don't know. Chatting to people you don't know can be fun, but it can also be dangerous as you don't know who you are talking to. You have to be careful what information you share.

Mobile

Mobiles are great for making phone calls to parents or for parents to get in touch with you. With some mobiles you can take pictures or videos and send them to friends. You can use text messaging (also known as SMS), which is typing a message and sending it.

Staying Safe

When using any of the above it's really important that you stay safe. We have some top tips here for you to remember. Please make sure you read them and understand them. Ask an adult to explain anything you don't understand.

Whatever you do online, there are four things you should try really hard to remember.

1. People who you don't know in real life are strangers. Even if you have been chatting online to someone for a while it might feel like you know them but you don't. People aren't always who they say they are.
2. Be nice to people just like you would in the playground.
3. Keep personal information private, such as where you live, your telephone number or what school you go to.
4. If you ever feel scared or worried about anything, tell an adult you trust.

Top Tips

Here are some more tips to remember.

- ⊕ Always ask an adult before you use the Internet.
- ⊕ Don't tell strangers where you live, your phone number, or where you go to school. Only your friends and family need to know.
- ⊕ Don't send pictures to people you don't know. You don't want strangers looking at photos of you and your family.
- ⊕ Don't arrange to meet up with anyone as some people aren't very nice and might not be who they say they are. Tell a trusted adult. If you think you know the person and you're considering meeting them still tell a parent or trusted adult.
- ⊕ Tell a parent, an adult or someone you trust if you feel scared or unhappy.
- ⊕ Ask an adult to help put the **Hector's World Safety button** on your computer. You can find a link to it on www.thinkuknow.co.uk, in the children's section. You can press it if anything makes you feel scared or unhappy and you will get help.
- ⊕ You can also call ChildLine for free on 08001111 to talk to someone kind who can help.

All these top tips have been taken from a really good website:
www.thinkuknow.co.uk.

Using the internet can be great fun. But just like in the real world things can go

wrong. People can say and do things to upset you or you might see something you don't like. If this happens, it's not your fault. You must tell an adult you trust – maybe a parent or teacher. Get an adult to show you how to save messages just in case you need to show them to someone who can help.

On a few occasions we have mentioned the website www.thinkuknow.co.uk. This website has loads of interesting information for children, young people, youth workers, parents and teachers. We recommend you have a look at it.

If you're aged between five and seven why don't you check out a short animation about Lee and Kim's adventures?

Type this into your search bar: www.thinkuknow.co.uk/5_7/LeeandKim/

If you're aged between eight and ten, there's a whole section on the website specially for you with useful information and games to play. Why don't you try playing *Star Riders*?

To play type this into your search bar: www.thinkuknow.co.uk/8_10/fun/

We hope all this information has been helpful. But if there is anything you don't understand or your unsure about ask an adult to explain. We hope you enjoy all the exciting things you can do online.

This policy works in conjunction with the Methodist Church social media guidelines, which can be downloaded here: www.methodist.org.uk/socialmediaguidelines

Contact Us

Our website: www.childrenandyouth.org.uk

Our email: childrenandyouth@methodistchurch.org.uk

Our www.facebook.com/pages/Methodist-Children-Youth/126895266084