

***A Message for Safer Internet Day, 2024, from Norfolk Constabulary's  
Children and Young People Team.***

Dear Parents and Carers,

Tuesday 6 February marks this year's Safer Internet Day. We can all play a part in keeping children and young people safe online and I am writing to tell you that online safety remains one of the Constabulary's main priorities. With this in mind, we would like to share some links and resources with you.

- Organisers of Safer Internet Day, The Safer Internet Centre, have a wealth of information for parents and carers on their website on the "Guides and Resources" section. Go to [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- Setting boundaries and rules about your child's internet use as early as possible will help you to have open and honest conversations about any issues that arise. Please find below both a colour and black and white copy of Norfolk Constabulary's '**Family Internet Agreement**' to help you do this.
- Head to YouTube where you will find a recording of the webinar we delivered on Safer Internet Day, 2023, [Recorded Online Safety webinar for parents and carers \(youtube.com\)](https://www.youtube.com/watch?v=...)
- Follow National Online Safety on Twitter - @natononlinesafety; Instagram - @nationalonlinesafety; or search "National Online Safety" on Facebook. You can also download the "National Online Safety" app in the Play Store, or on Google Play. Here you will find information about games, websites and apps young people are using so you can make sure your knowledge is up to date.
- The National Crime Agency's Child Exploitation and Online Protection (CEOP) Education team have a parent and carer area on their website where you can get advice about online safety [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk/parents/) If you are worried that your child is being groomed online, or sexually exploited, you can find advice about reporting by clicking on the 'How to get help' tab.
- The Internet Watch Foundation and the NSPCC have developed the 'Report Remove' tool, in partnership with age verification app, [Yoti](https://www.yoti.com/). Report Remove can support a young person in reporting sexual images or videos shared online and enables them to get the image removed if it is illegal. Go to [Report Remove \(iwf.org.uk\)](https://www.reportremove.org.uk/)

Inspector Bex Brown  
Norfolk Constabulary, Children and Young People Team.

## CHILD AGREEMENT:



1. I will tell my parent/carer my phone's PIN and usernames and passwords for apps but I won't tell anyone else.
2. I will let my parent/carer check my phone when they ask.
3. I understand that my parent/carer will restrict my access to some things online.
4. I understand that there will be limits on how long I can spend online.
5. I will not share personal information online.
6. I will treat others the way I want to be treated.
7. I will tell my parent/carer about people I meet online.
8. I will not meet someone I have met online in person.
9. I will tell my parent/carer if I see anything that worries me or is offensive.
10. I understand that if I break this agreement, there will be a consequence.



SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

## PARENT AGREEMENT:



1. I will endeavour to keep my child safe online.
2. I will talk to my child about their internet use.
3. I will get to know the apps and websites my child uses.
4. I will set reasonable rules about checking my child's phone/devices.
5. I will set reasonable restrictions on websites and apps.
6. I will set reasonable time limits on their internet and device use.
7. I will model good internet use.
8. I will talk to my child calmly if they break this agreement and will put in reasonable consequences.



SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

# USEFUL WEBSITES:

## FOR INFORMATION AND ADVICE ABOUT ONLINE CHILD SEXUAL ABUSE GO TO:

CEOP (Child Exploitation and Online Protection) [www.ceop.police.uk](http://www.ceop.police.uk)  
The Internet Watch Foundation [www.IWF.org.uk](http://www.IWF.org.uk)

## FOR INFORMATION ABOUT SPECIFIC APPS AND GAMES:

Follow National Online Safety on:

Twitter – @natonlinesafety

Instagram - @nationalonlinesafety

Or search “National Online Safety” on Facebook

Download the “National Online Safety” app in the Play Store, or on Google Play.

## TO WATCH NORFOLK CONSTABULARY'S ONLINE SAFETY WEBINAR GO TO:

[www.youtube.com](http://www.youtube.com) and search “Safer Schools Norfolk” for our playlist.

This has been produced by Norfolk Constabulary, in partnership  
with the Family Online Safety Institute (FOSI).

Please note this document serves as guidance only and has no  
legal basis. Norfolk Constabulary will not be responsible for any  
enforcement as a result of any breach of this agreement.



**NORFOLK**  
CONSTABULARY



Family  
Online Safety  
Institute

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