

Useful Weblinks

There is a wealth of advice for parents in regard to using the internet safely. All of these sites include helpful advice and guidance about E-safety Issues and enabling your child to stay safe online.

- <http://swgfl.org.uk/products-services/esafety/resources/Family-Toolkit>
- <https://www.thinkuknow.co.uk/parents/>
- <http://www.kidsmart.org.uk/>
- <http://www.childnet.com/parents-and-carers>
- <http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- <http://www.bbc.co.uk/education/topics/zcpp34j>
- <http://www.vodafone.com/content/parents.html/>

Helping Children to Staying Safe Online



Where do we start?

The internet has changed all of our lives, particularly our children's. For parents and carers this opens up a whole new world of things to be aware of. For many of us, this can all be a bit too much.

This leaflet aims to help make online parenting easier. It includes some practical tips for parents of children of any age, which highlights the actions you could take for your whole family.

This is by no means a definitive list (the tech world moves far too quickly to be able to promise that!) but they're a good starting point. We hope you find them useful.

Practical tips and guidance

- **Talk to your child about what they're up to online.** Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them, if they know you understand they are more likely to come to you if they have any problems.
- **Watch Thinkuknow or Kidsmart films and cartoons with your child.** Both of the websites have films, games and advice for children from five all the way to 16.
 - **Encourage your child to go online and explore!** There is a wealth of age-appropriate sites online for your children. Encourage them to use sites which are fun, educational and that will help them to develop online skills.
- **Keep up-to-date with your child's development online.** Children grow up fast and they will be growing in confidence and learning new skills daily. It's important that as your child learns more, so do you.
 - **Set boundaries in the online world just as you would in the**



real world. Think about what they might see, what they share, who they talk to and how long they spend online. It is important to discuss boundaries at a young age to develop the tools and skills children need to enjoy their time online.

- **Keep all equipment that connects to the internet in a family space.** For children of this age, it is important to keep internet use in family areas so you can see the sites your child is using and be there for them if they stumble across something they don't want to see.
- **Make sure your child knows what to do** if anything upsets them online and reassure them that they can come to you
- **Know what connects to the internet and how.** Nowadays even the TV connects to the internet. Make sure you're aware of which devices that your child uses connect to the internet, such as their phone or games console.
- **Use parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.** Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start and they are not as difficult to install as you might think.
- **MAKE** digital issues part of everyday conversation – show your child that you understand how important technology is to them and talk about all its amazing benefits, but don't shy away from difficult subjects like responsible online behaviour, bullying and pornography.
- **Check who your child is playing online games with** and that your child knows what information they can share with others.
- **Be aware of what they post online** - what goes online usually stays online (i.e. screenshots from snapchat).