

Parents E Safety Advice

Internet safety checklist



1	Stay involved	Maintain an open dialogue with your child and encourage them to talk to you about their internet use: Keep talking and stay interested in what they're doing. Don't be afraid to bring up challenging issues like sexting , pornography and cyberbullying . It could be embarrassing, but you'll both benefit from the subjects being out in the open
2	Keep their information private	Your child can set privacy settings on most social networking sites so that only close friends can search for them, tag them in a photograph or share what they've posted.
3	Location Services Stay safe on the move	Use safe settings on all mobile devices but be aware that if your child is accessing the internet using public WiFi, filters to block inappropriate content may not be active. Some outlets, like McDonald's, are part of family friendly WiFi schemes so look out for Mumsnet Family Friendly WiFi and RDI Friendly WiFi symbols when you're out and about.
4	Be responsible	Talk to your teenager about being responsible when they're online. Children often feel they can say things online that they wouldn't say face-to-face. Teach them to always have respect for themselves and others online.
5	Think before post Talk about online reputation	<i>Most importantly, let them know that anything they upload, email or message could stay around forever online. Remind them they should only do things online that they wouldn't mind you, their teacher or a future employer seeing. Get them to think about creating a positive digital footprint.</i> Encourage your child to 'think before you post.' Online actions can impact not only yourself but others. Content posted privately online can be publicly shared by others, and may remain online forever.
6	Adjust controls	Discuss with them adjusting your parental controls to match your teenager's level of maturity. Have a chat about it first – don't turn them off completely without careful consideration and discussion.
7	Show you trust them	If you can afford to, give them a small allowance that they can use for spending online so they can download apps , music and films for themselves, from places you agree together. This is important to ensure they feel empowered and at the same time giving responsibility.
	Don't give in	Remind them how important it is not to give in to peer pressure to send inappropriate comments or images. Point them to the Send this instead and Zipit apps which will help them deal with these types of requests

Other things to consider What can you do right now?

- Consider creating a family agreement to establish your children’s boundaries, and your expectations, when on the internet. A template agreement can be found at www.childnet.com/have-a-conversation
- Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.
- Talk to your children about the fact that sometimes people have fake profiles for dishonest reasons.
- Agree how they will respond to requests from people they don’t know in real life.
- Talk to them about never meeting up with someone they met online in real life.
- If you agree to them setting up a social media profile, do the initial setting up together or make sure you check regularly to make sure they haven’t included personal details.
- Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.
- Understand the law. Some online behaviour may break the law
- If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- Set up a family email address that your children can use when signing up to new games and websites online. Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.

Useful Links

NSPCC – www.nspcc.org.uk/onlinesafety

App site reviewed the most popular apps for young people

‘Share Aware’ advice NSPCC

Think you know – Educational programme provided by NCA command useful information to parents

Parent Zone : www.parentzone.co.uk

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.