



Online Safety Guide for Parents

This booklet is a guide to children's online safety for parents with handy tips and issues to discuss with your child.

Handy tips for parents

- Technology is constantly changing and young people are continually learning – keep up to date on latest developments so you know about the risks.
- Online safety applies to all types of devices – PCs, laptops, tablets, smartphones, e-readers and online gaming.



- Set guidelines for where your child could/should use their device.
- Treat online safety in the same way that you would treat offline safety, such as stranger danger, crossing the road, etc.
- Make sure you set up your internet security so children cannot access websites with adult and/or inappropriate content.

- Don't write anything online that you wouldn't say in person (and with an adult present in the room!). Comments on social media and/or public web pages/forums could reflect badly on your child.
- Check out IT policies, particularly the online safety policy issued by your child's school and adhere to it.
- Cyber bullying should be treated in the same way as other forms of bullying. Contact your child's school to agree a plan for dealing with it.
- Be aware that 'sexting' increasingly involves younger children – some as young as 10.
- Try to establish a system which allows your child to talk to you about anything they feel uncomfortable about online.



Things To Discuss with Children

- Where is it acceptable to use your portable device? The bedroom? School?
- Who should you talk to if you feel uncomfortable about something you have seen online? A parent? Teacher? Another adult?
- Keep password safe – don't write them down and change them regularly
- What personal information is appropriate to post online?
- How do you report cyber bullying? Take a screen grab of any posts so these can be seen at a later date if needed.
- How do you know the people you are talking to online are who they say they are?
- What is the difference between a 'real life' friend and an 'online' friend?
- When is it sensible to meet up with online friends?

Other Sources of Information

The Lucy Faithfull Foundation - www.lucyfaithfull.org

UK Safer Internet Centre - www.saferinternet.org.uk

Child Exploitation and Online Protection Centre - www.ceop.police.uk

Think U Know - www.thinkuknow.co.uk

NSPCC - www.nspcc.org.uk

ChildLine - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Finding out Parent Controls <https://www.internetmatters.org/parental-controls>

Common-sense media – a site dedicated to advice on age ratings <https://www.common sense media.org>

