Parenting with technology
Top tips to help keep children safe online
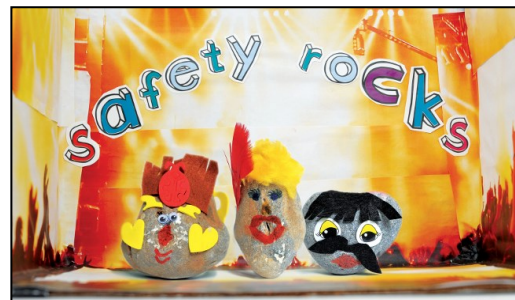
Top Tips

Be involved in your child's online life. For children and young people there is no difference between their online and offline worlds. Talk to them about what they're doing, if they know you understand they are more likely to approach you if they need support.

Keep up-to-date with your child's development online. Be inquisitive and interested in the new gadgets and sites that your child is using. 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.

Know what connects to the internet and how. find out how they are accessing the internet – is it your connection or a neighbour's Wifi?

Use of parental controls on devices that link to the internet. 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 are not as difficult to install as you might think.

Emphasise that not everyone is who they say they are Make sure your child knows never to meet up with someone they only know online.

Know what to do if something goes wrong. Just as in the offline world, you want to help your child when they need it. Therefore, it is important to know when and how to report any problem.

www.thinkuknow.co.uk

Parental Controls: Five steps to keep children safer online.

1. Understand how to set limits from your internet service provider (SKY, Talktalk, Virgin, BT)
2. Put restrictions on devices. (iPad, mobiles, Xbox etc.)
3. Set safe search on google and YouTube
4. Have a plan for when things go wrong
5. Be involved in child's online world.
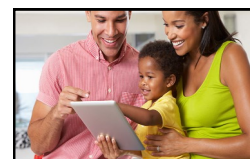
Reach an agreement

Here are some of the areas you might want to include:
- TIME: Have agreed time that your child spends online, or playing computer games.
- BREAKS: Agree regular screen breaks – at least five minutes every 45-60 minutes.
- THINK BEFORE SHARING PHOTOS and PERSONAL INFO online
- COMMUNICATION: What will happen is your child comes to you as they are concerned.
- Where can you go for help and support?

Using your technology can be contagious!!
Are you being a role model to your child?

⇒ Are you texting at the table?
⇒ On Twitter whilst watching TV?
⇒ Do you look up from a PC/laptop/iPad when your child walks into the room?
⇒ Have you joined in with your child and played their games?
⇒ Are you constantly distracted by your phone?
⇒ Do you rush to check Google to find the correct answer rather than having a lengthy discussion?
⇒ Do you share interesting websites jokes or stories with your child online?

Keep **all** channels of communication open, show an interest in their online world to encourage them to share with you.

Watch videos (Google the title below, available on YouTube)

• Have you seen Alex's willy?
• Lucy and the Boy
• Jigsaw
• Lee and Kim
• Matt thought he knew (For year 7 pupils upwards)

"OK, dad, but this is the last time I'm going to show you how to set the parental controls."
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Useful websites for parents:

Thinkuknow The place to start.
www.thinkuknow.co.uk/parents

Common Sense
Honest reviews of games, apps and films by parents and children
http://www.commonsensemedia.org/

Family Lives
www.familylives.org.uk
Get advice and support whenever you need it. Online mentor available

Helping Kids Stay Safer Online.
NSPCC joined forces with *O2* to provide parents with the skills and tools to help keep children safe online.

Childline www.childline.org.uk
Your child can contact ChildLine anytime - calls are free and confidential. Online counsellor available 24 hours a day.

Internet Matters:
Helping Parents Keep Their Children Safe Online. www.internetmatters.org