

Online safety information for parents and carers

Below are resources that parents and carers can look at to ensure that children are safer online. These resources highlight some of the latest apps and sites that children use, and have helpful information about privacy and safety settings. Remember, it is difficult to ensure that children are kept safe online, if those responsible for their safety don't understand the potential risks. If you have concerns about online grooming or exploitation, report to CEOP immediately: www.ceop.police.uk/Ceop-Report

If you believe a child is in immediate danger, always contact **999** for police assistance



Think U Know: www.thinkuknow.co.uk

The Child Exploitation and Online Protection Centre (CEOP) have a website which is suitable for children aged 5-16 and has a section just for parents/carers with advice and information.



NSPCC: www.net-aware.org.uk and www.nspcc.org.uk/online-safety

The NSPCC have produced resources for parents, including Net Aware, a tool which reviews some of the most popular apps. The website covers excellent advice for parents about issues such as online grooming, 'sexting' and cyberbullying. They also provide a helpline for parents to get advice over the phone: **0808 8005002**.



ChildLine: www.childline.org.uk

The ChildLine website has a wide range of information and advice on both online and offline safety. There is information about online gaming, grooming and the Zipit App which helps children feel empowered when confronted with inappropriate chat online. They also provide a helpline for children to get advice over the phone: **0800 1111**.



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

UK Safer Internet Centre provides a wide variety of advice and guidance to help you discuss online safety with your children. There are useful checklists for privacy settings on social networks and suggestions to consider before buying devices for your children.



Childnet: www.childnet.com

Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advice on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use.



Internet Matters: www.internetmatters.org

Internet Matters bring you all the information you need to keep your children safe online. It has a tool which guides you through how to set up parental controls on all the different devices in your home to protect your children.



Parent Info: www.parentinfo.org

Parent Info provides information to parents and carers about a wide range of subject matter, from difficult topics about sex, relationships and the internet or body image and peer pressure to broader parenting topics such as 'how much sleep do teenagers need?'



BBC Stay Safe: www.bbc.co.uk/cbbc/curations/stay-safe

This is CBBC's 'ultimate internet survival guide' designed for children. It contains tips and tricks they'll need to stay safe online, beat the cyberbullies and be a 'super-surfer'.



**Kent
Police**



Online safety tips for parents of primary school children

6-10 Year Olds

Checklist

- ✓ **Put yourself in control**
Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.
- ✓ **Search safely**
Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.
- ✓ **Agree boundaries**
Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



- ✓ **Explore together**
The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.
- ✓ **Check if it's suitable**
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



Deal with it

You can find out where to get help and advice on the Report it page of internetmatters.org, where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at internetmatters.org/ageguide10-13

**internet
matters.org**