www.getsafeonline.org

Be Smart. Be Safe. Be Secure. Be Switched On.

Guidance for Parents

We're delighted to have had the opportunity to provide this device, which we hope your child will benefit from using.

The internet is a wonderful resource which should be available to all. Not everybody online, however, behaves honourably, appropriately or legally, and it's important that we all do what we can to protect our young people from harms that they might come across while they're using it.

Because of this, we'd like to offer some straightforward internet safety advice for both you (below) and your child (on a separate leaflet).

Be Smart
Create separate profiles for each child using the device.

Be Safe
Consider using parental controls to detect and filter out inappropriate content. Set privacy settings with your child, so they fully understand why there are restrictions. Make sure they understand that they should never share their phone number, address or any other personal details with people they don't know, or accept friend requests from anyone without talking to you first.

Be Secure
Create and use strong, unique passwords for each child's account (see the Get Safe Online website for advice on how to do this), and set software, app and operating system updates to automatic. Check settings are set to what you want and not left private.

Be Switched On

Talk to your child about what they really like doing online and how they will keep themselves safe if they see/hear/do something that makes them feel unhappy or upset. Build trust and confidence that they can come to you any time without the fear of being told off. Talk with them about how time spent on devices can sometimes take them away from other fun stuff they could be doing. Agree screen time and content. Remember that your children may be IT savvy, but not necessarily aware of the various dangers of the internet. Children need to be educated about online threats and internet safety. Speaking openly with them is very important. Your parental supervision is also essential.

Useful websites

www.getsafeonline.org A great resource for online safely, including a section on safeguarding your children, with age-appropriate advice.

www.thinkuknow.co.uk Information on popular websites, mobiles and new technology, helping children of all ages, parents and carers find out about what's good, what's not and what you can do about it.

www.parentinfo.org Help and advice for families in a digital world, providing support and guidance for parents and care givers.

www.parents.parentzone.org.uk Essential tips and information about parenting in the digital world. Sign up to the parent newsletter to hear about exciting new activities for families.

www.internetmatters.org Helps parents keep children of all ages safe online with advice and resources on a wide range of online risks, and detailed guidance on how to install parental controls and safety software for different devices and services.

www.net-aware.org.uk Great advice about apps, games and social media sites to help you keep your kids safe during the COVID-19 pandemic and beyond.

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