# Internet Safety Tips



NHS Shetland

POLICE SCOTLAND
Keeping people safe

Voluntary Action Shetland

# Parental Controls

## Mobiles & Tablets
- Check location settings. (turn off)
- Check what information your child is sharing with others.

## Home Broadband

- Filters control the content that you and your family see – Internet Provider sometimes provides this for free.
- Any device connected to your home broadband will require you to manually set up. (This will depend on your provider and you'll need to access your home router/hub).

## TIPS:
- The controls you set up on your child's device and your home broadband won't apply if they use 3G/4G, public WiFi or log on to a friend's connection instead.

## Games Consoles
Some devices allow you to:
- Set up different profiles for each family member
- Deactivate the internet
- Turn off chat functions to stop your child from talking to strangers.

## Films/Music/TV
Smart TVs and services like Netflix, iTunes, BBC iPlayer and YouTube have settings that allow you to control who sees what.

## Search Engines
**Google** & **Bing –** Have controls available to make viewed content age appropriate.

**Google SafeSearch -** Filtered to help to protect against Inappropriate or adult content.

**Swiggle** and **Safe Search UK** - Child-friendly search engines.

## USEFUL CONTACTS – For Help/Advice re. setting up Parental Controls

| UK Safer Internet Centre (Website) | **Mobiles/ Tablets/ Home Broadband/ Games Consoles/Smart TV** |
|---|---|
| Mobile providers (O2, Vodafone, Three, EE etc.) Websites/ Customer Services Helpline | **Mobiles/ Tablets** |
| Internetmatters.org | **Home Broadband/Smart TV** |
| O2 & NSPCC helpline **0808 800 5002** | **Home Broadband/ Games Consoles/ Smart TV/ Search Engines** |

## Useful Websites
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/ - Information about Internet Safety
https://www.net-aware.org.uk/ Explains different Apps and Websites (can search for the one you want explained – What it is, what it does, privacy and safety ratings etc.)
https://tootoot.co.uk - Reporting platform and app for schools, colleges and universities.
http://parentinfo.org/ - Provides information, support and advice to parents.

**Firewalls -** Layer of security that controls what traffic is or isn't allowed to enter your computer on a network. (Allowing a level of protection against hackers/malware)
Most routers have firewalls built in and you also have a firewall on your computer (usually built in to Windows/ Mac)

**Anti-Virus Software -** Designed to detect and destroy computer viruses (such as McAfee and Norton – Lots of different software for sale online)

## Apps & Websites Popular in Shetland

| Instagram | Kik | Skype |
|---|---|---|
| Snapchat | Facebook | Steam |
| Youtube | Messenger | Whatsapp |
| Twitter | Discord | Google+ |
| Musical.ly | | |