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E-Safety Information for Parents & Carers

All pages in this document can be found on the following websites:

- www.internetmatters.org
- www.childnet.com
- www.saferinternet.org.uk
- www.net-aware.org.uk/networks

THE
EDUCATION
ALLIANCE

1. CHILDNET RESOURCES AND WEBSITES



Childnet: Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. www.childnet.com



The **Parents and Carers** area also contains key advice, information on reporting and detailed information on a range of online safety topics in the **Hot topics** section. www.childnet.com/parents-and-carers



UK Safer Internet Centre: Childnet is part of the European Commission appointed UK Safer Internet Centre. Together with partners the **Internet Watch Foundation** and the **South West Grid for Learning**, we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk/parents.



KidSMART: This Childnet website is for children, teachers, parents and carers and offers fun activities for children alongside practical internet safety advice. Don't forget to check out our 'I have kids' tab where you can find links to read the online stories 'The Adventures of Smartie the Penguin' and 'Digiduck's Big Decision', which is also available as a free app for iPads and Android tablets. www.kidsmart.org.uk



2. INFORMATION AND TOOLS FOR PARENTS & CARERS



Supporting Young People Online: A free guide created by Childnet providing Information and advice for parents and carers on supporting young people online. The advice is also available in 12 additional languages including Arabic, Hindi, Polish, Spanish, Urdu and Welsh. www.childnet.com/resources/supporting-young-people-online



A Parents' Guide to Technology: The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly. www.saferinternet.org.uk/parent-tech



Internet Parental Controls: The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to activate and use these controls are available on the UK Safer Internet Centre website. www.saferinternet.org.uk/parental-controls



Safety Tools on Social Networks and Other Online Services: Information and advice on the safety tools, age requirements and terms and conditions for a variety of online services popular with young people. www.saferinternet.org.uk/safety-tools

3. SOCIAL NETWORKING



Young People & Social Networking Sites: Aims to help parents understand the positive and creative ways young people are using social networking spaces (e.g. Facebook, Snapchat and Instagram). It also points out the potential risks of using these sites and ways to minimise these risks. www.childnet.com/sns



Social Network Checklists: Free guides produced by the UK Safer Internet Centre that contain detailed instructions and information on privacy and account settings on Facebook, Twitter, Snapchat and Instagram. www.saferinternet.org.uk/checklists

4. MOBILE PHONES



PhoneBrain: A site created by the Phone-Paid Services Authority to educate young people and parents about phone-paid services such as calls and texts to premium rate numbers and in-app purchases. www.phonebrain.org.uk

5. FILE SHARING & DOWNLOADING



Music, Film, TV and the Internet: Childnet has developed this guide with the music, film and television industries to inform parents, teachers and young people about how to stay safe and legal when enjoying entertainment on the internet or via a mobile device. www.childnet.com/downloading



Get It Right From A Genuine Site: A UK based website created by industry representatives to help teachers, parents and other consumers know which sites are legal for streaming and downloading films, tv, ebooks, music, games and sports broadcasts. www.getitrightfromagenuinesite.org

6. ONLINE GAMING



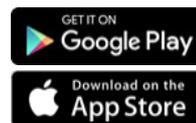
Ask About Games: Information and advice for parents and gamers about the PEGI age rating system for video games and how to play games responsibly and safely.

www.askaboutgames.com

7. OTHER USEFUL SITES FOR PARENTS & CARERS

Net Aware)))

NetAware: NSPCC and O2 have created a guide with information and advice for parents and carers on the most popular social networks and interactive apps and games used by children and young people. The information is also available in an app for Apple and Android devices. www.net-aware.org.uk



Common Sense Media: A US non-profit organisation that provides independent reviews, age ratings and other information about movies, games, apps, TV shows, websites, books and music for families and children. www.commonsensemedia.org



Digital Parenting: The Digital Parenting website and magazines, created by Vodafone and Parent Zone, offer parents information and advice about the latest digital technologies and the challenges young people might face in their digital world. www.vodafone.com/content/parents



Internet Matters: Launched by the four major UK internet service providers (BT, Sky, TalkTalk and Virgin Media), Internet Matters is an independent, not-for-profit organisation that provides information and advice on online issues and technologies to help parents keep their children safe online.

www.internetmatters.org

8. WHERE TO GET HELP & ADVICE



Need help? Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour.

www.childnet.com/parents-help



Tackling difficult conversations: The Parents and Carers section of the Childnet website includes advice and resources on how to talk to children and young people about online safety issues. This section also includes a **template family agreement** and **conversation starters** that can be used to help families discuss how to stay safe online. www.childnet.com/have-a-conversation



NSPCC: The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: **0808 800 5002**



Children can talk to someone for advice and support at any time by contacting **Childline** on **0800 1111** or chatting to a counsellor online at www.childline.org.uk



Family Lives: A national family support charity providing help and support in all aspects of family life. Useful advice and information is available online at www.familylives.org.uk and they provide a free confidential helpline on **0808 800 2222**.



Young Minds: The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information and advice for young people and parents/carers can be found at youngminds.org.uk and they also offer a free confidential helpline for parents on **0808 802 5544**.

9. WHERE TO REPORT



Child Exploitation and Online Protection (CEOP): A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online. www.ceop.police.uk

CEOP's Think U Know website contains information for children and parents, as well as a link for children to report abuse online. www.thinkuknow.co.uk



Internet Watch Foundation: Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. www.iwf.org.uk



ParentPort: A website run by the UK's media regulators, allowing you to report content unsuitable for children found in a programme, advert, film, video game, newspaper/magazine or other forms of media. www.parentport.org.uk

Email us:

education@childnet.com

Follow us:

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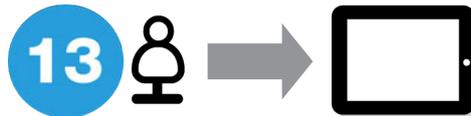
To give feedback and obtain online access to our presentation, please visit: surveymonkey.com/s/childnet-parents

YOUNG PEOPLE AND SOCIAL NETWORKING SERVICES



Social networking apps such as **Facebook**, **Twitter**, **Instagram** and **Snapchat** are very popular with young people, even those who are of primary age. These types of services allow young people to be creative online and keep in touch with their friends, as well as share photos and videos. On some social networks, young people can follow their favourite celebrity which means they can access the content they update and share. However, for parents and carers it's important to have a look at these services either by creating your own account to try an app out, or by creating an account together with your child to familiarise you with how it works. Most services stipulate a minimum user age of 13, although some interactive services are designed specifically for younger children.

Most sites stipulate a minimum user age of 13



By understanding these services and their potential risks you can help to support your child in choosing an appropriate service and using it in a safe and constructive way, and be able to help them if they need it.

Many things can contribute to your child's digital footprint including what they post and who they interact with. Young people are accessing and using social networking services on a range of devices such as mobile phones, tablets and gaming devices. They use social networking services for many different purposes; to communicate with their friends, to share photos, to play games and to find out new information. You need to remind your child however that they need to be careful about what they're posting online and who can see it. Children can sometimes believe that social networking services are a private space for them and it can be difficult for them to realise that actually what they're posting online may be public and can be spread very quickly and to a large audience. The blur between public and private expression can potentially put a child at risk in two main ways:



Content:

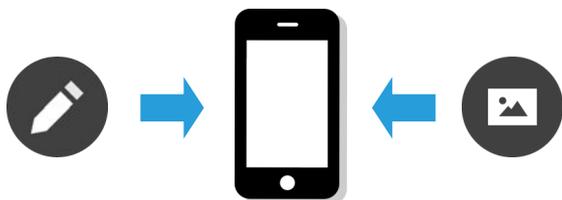
Children who create or post inappropriate, offensive or even illegal content in their own or others' pages and feeds could get themselves into trouble with their school, friends, or even break the law, depending on the nature of the material. It's also important that young people understand the longevity of posting something online. Once content is uploaded, it could potentially stay online forever. Regardless of whether the owner takes down the content, anyone who had access to that content could have copied it for themselves, kept it for their own records or distributed it further. Content which is uploaded online can be copied, altered and reposted by anyone and it is very difficult to 'take back' things that may be later regretted. This can damage friendships/relationships, reputations and even future prospects.



Contact:

Young people need to be aware that any personal information they upload could potentially reach a much wider audience than intended. If a user of a social networking service doesn't protect their information by enabling the correct privacy settings, they could be exposing their information to strangers and as a result be at risk of online contact and grooming. Posting or chatting about personal details might enable someone to identify and contact your child online or in person. There is also the more likely risk of cyberbullying with young people intentionally harming another person online. Talk to your child about why protecting their privacy online is important and talk through the available privacy settings with them.

It's a good idea to talk to your child about their social networking life online. In the same way that you might ask them about their social life offline, talking about social networking services together is no different. Why not start with a positive conversation about what they like to do online, and why they like the services that they use? You can then ask them whether they know where to go for help, or whether they know how to make their profile private, or even ask them to help you with your privacy settings.



There are a range of free resources available for parents and carers, which you can use to support your child online:

Useful conversation starters for parents and children www.childnet.com/have-a-conversation

Guides to the safety features on popular social networking sites www.saferinternet.org.uk/safety-tools

Tips and guidance on the privacy features of popular social networking sites www.saferinternet.org.uk/checklists

Advice for parents and carers on hot topics in online safety www.childnet.com/parents-and-carers/hot-topics

SMART Rules to go through with your children www.childnet.com/primary

To report any suspected online sexual abuse or grooming to the police, please go to www.ceop.police.uk



Further advice to discuss with your child:

Privacy settings

These settings give the user the ability to control who they share particular content with, for example making a photo you post visible to friends only or to the public. Encourage children and young people to use the privacy tools available on the social networking service to protect their personal information and to keep their passwords private (even from their friends). Information on how to do this can be found at www.saferinternet.org.uk/checklists. Most social networking sites give safety advice and information on their safety tools. Links to this advice and information can be found at www.saferinternet.org.uk/safety-tools.



Online Friendship

Remind your child to consider carefully who they add as friends or followers, and what those friends and followers can see once added to a contact list. Your most trustworthy online friends are the people you also know and trust offline.



Geolocation

Young people must be aware of who they are sharing their location with. If they are accessing a social networking services via a smartphone or mobile device, they might be disclosing their location without realising it. Location services can be turned on or off per app within the settings of a device.



Think Before You Post

Emphasise the importance of thinking before you post something online. This can include writing a comment or sharing a picture. It can also include sharing on things that others have posted. Discuss with them what is and isn't okay to say in a post and remind them that sometimes messages online can be misunderstood. What may start out as a harmless joke for one person can be extremely hurtful for another individual and once something is posted online it is potentially there forever. If you are not sure, or if you wouldn't be happy for your Head Teacher to see it, it's probably best not to post it. Your online reputation can also be affected by other behaviour, such as groups you join or clicking 'likes'.



Consider the photos you upload

It's important that children consider the content of the images they share online, and the impact they may have on their own reputation, and the emotions of others. They should always ensure that they ask permission from others before posting pictures of them online.



Know how to block and report

Make sure children and young people know how to report abusive comments or illegal activity on social networking services. Many social networking sites allow you to report a comment or user who is potentially breaking their terms and conditions, by clicking on a report button or filling out an online form. If young people have concerns about cyberbullying then they should speak to a trusted adult as well as save the evidence, and use the tools available to block other users. If you have concerns that your child is or has been the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk).



Security

Make sure your child chooses a strong password, avoiding identifiable words or phrases such as birthdays and pets names. A good password should also include a mixture of upper and lower case letters, numbers and symbols. Once your child has finished using a social networking service it is important for them to log out, especially when using a public or shared computer. Make sure they have locked their mobile device with a pin or password, as mislaid devices can mean that others could access their social networking accounts.



Frequently Asked Questions

How can I report inappropriate behaviour and what happens when I make a report?

Most social networking services have clear, prominent and accessible places to make a report. Providers should respond promptly to reports from users, and some will acknowledge each report with a confirmation that it has been received and provide indication of the timescale in which the complaint will be managed. Encourage your child to add as much information as possible to any report they make, so that the networks can respond efficiently and effectively. Make sure you talk with your child about these tools and ensure that they know how to use them. Many sites have community standards that outline what is acceptable and unacceptable on their service and becoming familiar with these can help you understand what can be removed by reporting.

Can my child limit who accesses their profile?

It is possible to set profiles to private or friends/followers only, which restricts access only to those who have been granted permission to see it. This is different to a public profile which can be seen by anyone. Depending on the social networking service the privacy settings do differ so it is imperative that users check their settings. Whilst it is possible to limit who can see your child's profile, remember, it is always possible for others to screen shot and share on their content to others. It is important that children should register with their real age so that they are included in the protections made available by default to their age group.

My child is underage, but has created a social networking profile. What should I do?

Research shows us that a large number of children have created a social networking profile before they are at the required age (usually 13) to do so. It is important to respect the terms and conditions of the site and register with the correct age, as there are additional protections in place for younger users. If the site however discovers that underage users are using the service, they will delete their account. You should discourage underage use of these services as best you can, and be aware of services which cater for younger users by having higher safety features. Details about different services and their features can be found at www.net-aware.org.uk.

Before young people start using social networking services it is important that they are equipped with the skills to stay safe online and to use social networking services responsibly. Discussing and agreeing ways that they can use social media positively and safely is a good first step; a family agreement and conversation starters to support these discussions can be found at www.childnet.com/have-a-conversation. Sit down together and make sure that you both know how to use the privacy tools that are provided. There are multiple ways in which a social networking profile can remain private that will prevent your child from giving out personal information to strangers. Support your child in ensuring that they only add contacts to these services that they also know and trust offline. One way to keep an eye on how your child uses a social networking site is to connect with them.

Does my child's profile appear in a public search engine (e.g. Google)?

There are ways that you can prevent your profile from appearing in search engine results; most social networking sites allow you to remove your profile from public search results by using the privacy settings. It is also important to review privacy settings regularly and search your name online to check what appears.

Things to consider...

Keeping safe

- How safe is our personal information?
 - Do we have strong passwords? Eg capital letters, symbols, 10 characters etc
 - Do we all have usernames that don't reveal our full names?
- Have we considered parental controls which would be right for our family?
- Have we discussed online friendships and whether we can trust them?
- Do we need a family email address?
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a mobile phone or gaming device?
- When is it okay to download files, games or apps?
- Have we checked the reviews and ratings for apps and games?
- Which websites are okay for us to use?
- Should we open links from people we don't know?
- Do we ever use voice activated controls or searches?

Social networking

- Do we know the age requirements to be on social networks?
- Who can I post images and videos of online?
- Do I know why it is important to be private and how to set this up?

Gaming and toys

- Which age rated games can I play?
- Am I aware of why PEGI is important?
- Can I play online with people I don't know?
- Do we know which of our toys and devices connect to the internet?

Positive online behaviour

- How can I be a good friend on the internet?
- What will I do if I receive frightening or bullying messages?
- Do I know where the report and block buttons are online?

Healthy lifestyle

- How long can we spend online?
- Do we spend the same amount of time enjoying our offline activities?
- Where can we use our devices around the house?

Examples

Suggested ideas for an agreement with younger children.

We agree to...

I will use my tablet for _____ mins a day

I will make sure the children's favourite games are bookmarked for them to get to easily

Who is responsible for this?

Isabel and Phoebe

Mum/Dad

Suggested ideas for an agreement with pre-teen children.

We agree to...

I will tell mum and dad when I see something that worries me

I will put parental controls in place but review it as the children grow up

Who is responsible for this?

Leo, Tom and Ella

Mum/Dad

Suggested ideas for an agreement with teenage children.

We agree to...

I will make sure all my social networking sites are private and that I only accept requests from people I know

I won't post photos of our children without their permission

Who is responsible for this?

Amar and Yusuf

Mum/Dad

Online safety c

September	October
<p>Are you back to school ready?</p> <ul style="list-style-type: none"> ➤ Check out our free resources on www.childnet.com, especially our updated staff inset presentation and staff led parents session. ➤ Why not sign up to our Digital Leaders Programme and get your students to take an active role in online safety education. <p>Celebrate International Talk like a Pirate Day on 19th September by watching our Captain Kara videos for 7– 11 year olds and translating the SMART rules into Pirate speak.</p>	<p>With Halloween on the 31st October, what cobwebs do you have lurking on your social networking sites?</p> <ul style="list-style-type: none"> ➤ Have you checked your privacy settings? Use the social networking checklists to help you. ➤ Use our professional reputation checklist to help you manage your digital footprint. ➤ Review our social networking advice for teachers and professionals to support your personal use of these services.
January	February
<p>Time to make a digital resolution! Encourage parents to create a family agreement to ensure positive behaviour and boundaries online.</p> <p>If incidents have occurred over the holidays, be aware of the UK Safer Internet Centre’s Professionals Online Safety Helpline who can support with any online issues: 0344 3814772 or helpline@saferinternet.org.uk</p> <p>Why not sign your school up to be a part of our Digital Leaders Programme – email leaders@childnet.com for more information.</p>	<p>Join hundreds of organisations in celebrating Safer Internet Day on 5th February with the theme “Safer Internet Day: Together for a better internet”. #SID2019</p> <p>Why not use the 360 degree safe self-assessment tool to review your school’s online safeguarding policies and procedures?</p> <p>Remember to look out for the launch of our 10th anniversary Film Competition categories this term and why not watch last year’s winners?</p>
May	June
<p>Mental Health Awareness Week is from 13th-19th May. Why not explore our Safer Internet Day 2018 packs which focused on Digital Wellbeing.</p> <p>Check out the ‘Crossing the Line’ PSHE toolkit for 11-14 year olds, with lesson plans and films on the topics of cyberbullying, peer pressure, sexting and self esteem.</p>	<p>Deadline for entries to the Childnet Film Competition! Winners will be announced in July at a VIP screening at the BFI in London!</p> <p>Check out the second instalment of our PSHE toolkit for 11-14 year olds called ‘Myth vs Reality’ tackling the topics of pornography, healthy relationships and body image.</p>

Calendar

November

Anti-Bullying Week takes place from the **12-16th November** with lesson plans around the theme 'Choose Respect'.

Use the resources created for **World Kindness Day** on **13th November** and focus on spreading kindness online as well as offline.

Plus, remember to sign up as a **Safer Internet Day supporter** and download your education packs ready for February.

December

Merry Techy Christmas! Why not remind parents and carers about safe and positive use of devices? Encourage them to read up on **PEGI** and check out our **Parent's Guide to Technology**

Human Rights Day is on **10th December** so why not explore our **digital rights and responsibilities online**.

Plus **Safer Internet Day** is around the corner. Why not add a banner to your school's website and help to promote the day on social media?

March

World Book Day on **1st March** is a great opportunity to read our children's storybook **Digiduck's Big Decision** with children aged 3-7. Look out for more Digiduck adventures to come or ask children to write their own...

Check out our brand new resources, for 13-17 year olds, launching this month tackling online sexual harassment. **Project deSHAME** includes lesson plans, guidance and teacher training modules which have been informed by research, focus groups and an expert advisory board and youth advisory board.

April

For **April Fool's Day** use your critical thinking skills to spot some online gimmicks and fake news stories our **'Trust me' resource** aimed at KS2 and KS3 students.

Celebrate **World Penguin Day** on **25th April** by reading our **Smartie the Penguin** story with EYFS and KS1.

For **World Autism Awareness Day** on **2nd April**, why not use our **STAR Toolkit** to explore online safety with your learners with autism spectrum disorders?

July

Before the end of term, why not remind pupils and parents about **where they can go for help** if they have any issues over the holidays? This could include reporting and blocking tools on certain services.

World Friendship Day is the **30th July**, why not make the **digital friendships quiz** available for 8-13 year olds.

August

Plan your year ahead: check out the **Childnet Digital Leaders Programme**, **book an education visit** from our expert team and use our **online safety in the computing curriculum** planning guides.

Do you need to re-stock on Childnet resources ready for September? You can order whatever you need from our **shop** including posters for primary and secondary.

Most Common Apps



Clash of Clans

Clash of Clans is a game where players can chat, build armies and battle each other.



Clash Royale

Clash Royale is a game where players can chat, build communities and battle each other.



CSR Racing

CSR Racing is a car racing game where you can buy and upgrade cars and race your opponent.



Discord

Discord is a voice and text app, designed for gamers. Users can chat if they accept follow requests.



Disney Club Penguin Island

Club Penguin is a multiplayer game where you can explore a virtual world and chat to others.



Dubsmash

Dubsmash is an app to create and share your own music videos with famous sounds and quotes.



Episode: Choose Your Story

Episode: Choose Your Story app is a storytelling platform to create and share characters and stories.



Facebook & Messenger

Facebook and Messenger is a social network to create a page about yourself and talk to others.



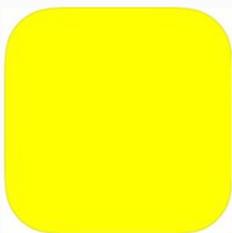
FaceTime

FaceTime allows you to make video and audio calls from your Apple devices using the internet.



FIFA Football

FIFA Football is a gaming app where you can build and manage your own football team.



Yubo

Yubo is an app where you can connect and chat to people. You can video chat and watch



Google Hangouts

Google Hangouts is a computer programme and app that lets you video call, phone or message others.



Grand Theft Auto: San Andreas

Grand Theft Auto: San Andreas is a video game following and directing the central character, Carl.



Instagram

Instagram is a picture and video sharing app to post content and use hashtags.



Kik

Kik is an instant messaging app which lets you share messages, photos and other content.



Tumblr

Tumblr is a social network that lets you share photos, videos, live broadcasts and other content.



Twitch

Twitch is a live video game site to watch playbacks of games, live stream your own and chat to others.



Twitter

Twitter lets you post public messages, or 'tweets', send private messages and post pictures/videos.



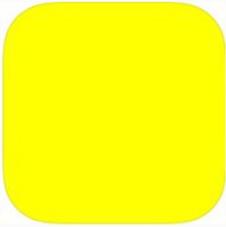
Viber

Viber lets you text, call, share photos and send video messages to people worldwide.



Wattpad

Wattpad is a storytelling app where you can create, read, learn to write and share stories.



Yubo

Yubo is an app where you can connect and chat to people. You can video chat and watch live videos.



Google Hangouts

Google Hangouts is a computer programme and app that lets you video call, phone or message others.



Grand Theft Auto: San Andreas

Grand Theft Auto: San Andreas is a video game following and directing the central character, Carl.



Instagram

Instagram is a picture and video sharing app to post content and use hashtags.



Kik

Kik is an instant messaging app which lets you share messages, photos and other content.



Minecraft: Pocket Edition

Minecraft is a game that lets you create a virtual world using building blocks and chat to others.



Miniclip

Miniclip is a gaming website that hosts games; used on social networks and online gaming platforms.



MovieStarPlanet

MovieStarPlanet is an online game where you create a famous movie avatar character to talk to others.



Omegle

Omegle randomly connects you to someone for a one-to-one audio or video conversation.



Pinterest

Pinterest is an interactive pin board, for collections of your own and others' images.



Pokémon GO

Pokémon GO allows you to find Pokémon using a map based on where you are (in real life).



PopJam

PopJam is a creative app and website where you can create and share art and take quizzes.



Reddit

Reddit is a community-based forum where people write posts covering different topics.



Roblox

Roblox is a game where you create your own games, play others' games and chat with others.



Sarahah

Sarahah is a website where you can send anonymous comments and feedback to other users.



WhatsApp

WhatsApp is an instant messaging app. You can send messages/images/videos/location in one to one and groups.



Skype

Skype lets you send instant messages and make audio and video calls to others around the world.



Snapchat

Snapchat lets you send messages or 'snaps' to contacts, which appear for up to 10 seconds.



SoundCloud

SoundCloud is an app that lets you find music, news and other content you're are interested in.



Steam

Steam is an entertainment platform which lets you play games, create, and chat to other members.

Online safety tips for parents of 11-13 Year Olds

Checklist

- ✓ **Put yourself in control**
Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).
- ✓ **Agree boundaries**
Have a family agreement about 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.
- ✓ **Have a conversation**
The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

- ✓ **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.
- ✓ **Get them clued up about social networking**
Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

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**

*Source: Conducted by Ginger research on behalf of Internet Matters Ltd. Online survey of 1,001 children aged 11-16, with parental supervision.

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 on social media sites and in chatrooms
- Use privacy settings wherever they exist to keep their information private
- Don't arrange to meet people in real life that they've only talked to online
- 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
- Don't post things online that they wouldn't want you to see

Talk about it:

Tips for a meaningful conversation

- 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
- Make sure they know how to block abusive comments and report content that worries them
- If your child comes to you with an issue, stay calm and listen without judging them
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use



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 cyberbullying, finding inappropriate content, your child's online reputation and online grooming.

Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online – find out more about the latest apps at internetmatters.org/apps

**internet
matters.org**

Online safety tips for parents of teenagers

14+ Year Olds

Checklist

✓ **Adjust controls**

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

✓ **Keep talking**

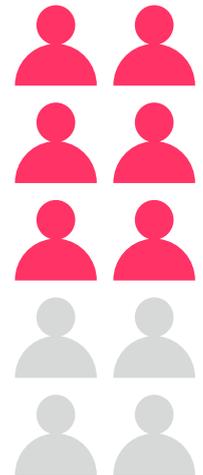
Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

✓ **Privacy matters**

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



✓ **Manage their online reputation**

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

✓ **Stay safe on the move**

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

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matters.org**

Learn about it:

Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



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Learn more about apps

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matters.org**