

E-safety Advice

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe?

Internet safety checklist for parents

Stay involved

Keep talking and stay interested in what your child is doing. Don't be afraid to bring up challenging issues like sexting, pornography and cyberbullying. It could be embarrassing, but you'll both benefit from the subjects being out in the open.

Keep their information private

Your child can set privacy settings on most social networking sites so that only close friends can search for them, tag them in a photograph or share what they have posted.

Know who they are talking to

Tell your child that strangers can pop up anywhere online: email, instant messenger, social networking sites or online games. They should only add people that they know in the real world.

Stay safe on the move

Use safe settings on all mobile devices but be aware that if your child is accessing the internet using public Wi-Fi, the filters which block inappropriate content may not be active.

Being responsible

Talk to your child about being responsible when they're online. Children often feel they can say things online that they wouldn't say face-to-face. Teach them to always have respect for themselves and others online.

Talk about online reputation

Let your child know that anything they upload; email or message could stay around forever online. Remind them they should only do things online that they wouldn't mind you, their teacher or a future employer seeing. Get them to think about creating a positive digital footprint

Don't give in - Remind your child how important it is not to send inappropriate comments or images.

Use parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones. 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 do not guarantee your child's online safety, but they are a good start and they are not as difficult to install as you might think. Service providers are working hard to make them simple, effective and user friendly. Contact your service provider and learn how to set your controls.

Useful resources

The following websites provide useful advice on helping children stay safe online:

Thinkuknow: <https://www.thinkuknow.co.uk/>

Internet Matters: <http://www.internetmatters.org/>

NSPCC Net Aware: <https://www.net-aware.org.uk/>

Childnet: <http://www.childnet.com/>

CEOP: <http://ceop.police.uk/About-Us/>

Media Smart: <http://mediasmart.uk.com/>

Get Safe Online: <https://www.getsafeonline.org/>