Parents Online Safety

You will be aware the Internet hosts many exciting opportunities for education. The online world is a wonderful place for young people to explore, with unprecedented opportunities for learning and creativity, but just like the real world there are risks and dangers they should be aware of and which we should all act to protect them from. As a school we encourage the use of technology as an important part of your child's development but always want them to spend their time online safely. As a parent/carer you can play a significant part in ensuring this.

Top Tips for Parents:

1. Talk to your child, early and often
2. Explore the online world together
3. Know who your child is talking to online
4. Set rules and boundaries
5. Make sure content is age-appropriate
6. Use parental controls to filter, restrict, monitor and report content
7. Teach you child how to use privacy settings and reporting tools

Gaming Advice

PEGI (Pan-European Game Information)
www.pegi.info

Common Sense Media
www.commonsensemedia.org/game-reviews

Family Gamer TV (YouTube Channel)
https://www.youtube.com/user/familygamertv

- Use a gaming name
- Take regular breaks
- Lifestyle balance
- Get involved
- Use parental controls
- Where is device situated
- Reporting/Blocking
- Age rating/content descriptor
- Online element?
- Communication?
- Commerce?

Social Networking Advice

See websites on reverse...

Worth a watch:

The Social Dilemma
Netflix

The Instagram Effect
BBC iPlayer

- Minimum age 13+ years
- Sharing personal information
- Digital footprint
- Cyberbullying and grooming
- Live streaming dangers
- Instagram and Snapchat likely to inspire feelings of inadequacy.
- 7 in 10 Instagram users feel worse about their body image

Gem education

Mobile Phones

UK Safer Internet Centre
https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones

- Is the phone registered as child user?
- Are geotagging/location services disabled?
- Is the phone Bluetooth enabled and visible?
- Use the parental controls
- Does the provider offer data capping?
- Beware when using public Wi-Fi

Password Manager apps

SecureSafe
(free to manage up to 50 passwords)

Dashlane Password Manager
(free to manage up to 50 passwords)

- Mix of letters, numbers, symbols
- At least 8 characters
- Not a dictionary word
- Do not reuse same password

Have I Been Pwned?
haveibeenpwned.com

Advice & Guidance

Internet Matters
www.internetmatters.org
LITTLE DIGITAL HELPS TOOLKIT

Childline
www.childline.org.uk

Childnet
www.childnet.com/parents-and-carers

Net Aware
www.net-aware.org.uk

Parent Zone
parentzone.org.uk

BBC Action Line
www.bbc.co.uk/actionline

CEOP (report Grooming)
www.thinkuknow.co.uk/parents

NSPCC (Cyberbullying advice)
www.nspcc.org.uk/keeping-children-safe

Anti-Bullying Alliance (Cyberbullying advice)
anti-bullyingalliance.org.uk

Young Minds (Mental Health support)
www.youngminds.org.uk

Family Lives (Wellbeing support)
www.familylives.org.uk

Parents/Carers Checklist

- ☐ I have enabled parental controls on my child's devices
- ☐ I know what games and websites my child uses
- ☐ My child plays age-appropriate games
- ☐ I know which social networking sites my child uses
- ☐ I know who my child talks to online
- ☐ I use different, strong passwords for different sites
- ☐ We have agreed family rules (eg online conduct, down time, contacts etc)
- ☐ I know where to get support and report any concerns
- ☐ My child knows how to report concerns and where to get additional support

Need to Report?

1. Report in online service
2. Contact school
3. NSPCC (ChildLine)
4. CEOP (Grooming)
5. Internet Watch Foundation (Illegal Content)