

Tips to help keep your child safe online

Helpful tools and advice you can use to keep your child safe when they use the internet at home, at a friend's house or at school.

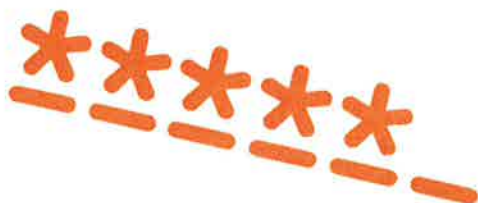
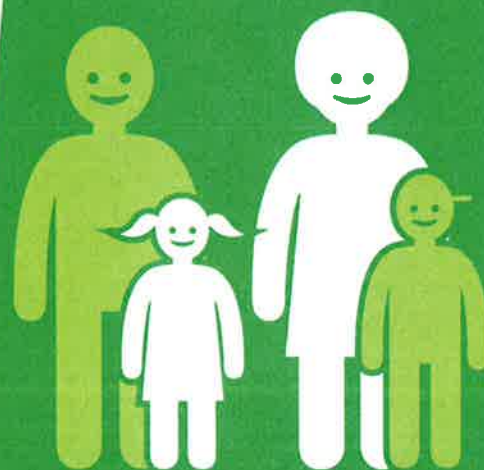
The internet is great for learning, sharing, connecting and creating. So try and balance how you guide your child on online safety with an understanding of why they want to use it. You don't want your child to feel they can't come to you if they encounter a problem online.

Set rules and agree boundaries as a family

- ✓ Set boundaries for how long your child can spend online and what they can do.
- ✓ Agree this as a family so that access to devices can be shared fairly.
- ✓ Remember there are tools that can help you manage and monitor access and use across all devices.

Talk about online safety and get involved

- ✓ Have conversations about online safety little and often and build it into other conversations.
- ✓ Ask questions about what they do online, such as what sites they visit and who they talk to.
- ✓ Make the use of the internet a family activity.
- ✓ Remember to share these rules with babysitters, childminders and other family members.
- ✓ Talk to other parents about internet use, such as what they do and don't allow.



Online safety for primary school children

As your child gets older, and technology changes, make sure you continue talking about what they are doing online and how to stay safe.

- ✓ Talk about what they do online, what sites they visit and their favourite websites.
- ✓ Discuss safety rules and how much personal information they should share online.
- ✓ Make sure your child knows what to do if anything upsets them online and reassure them that they can come to you.
- ✓ Check who your child is playing online games with and that your child knows what information they can share with others.
- ✓ Use parental controls across all of the devices that your children have access to.
- ✓ Set 'Safety Mode' up on YouTube to help filter out explicit content.
- ✓ If you use Google, turn on Google '**Safe Search**' to filter sexually explicit content from your search results.



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Safe Search

For more help and advice visit
www.nspcc.org.uk/onlinesafety
or contact the NSPCC **helpline** on
0808 800 5000 to discuss any concerns

NSPCC 
Cruelty to children must stop. **FULL STOP.**

INFORMATION & ONLINE RESOURCES

1. UK SAFER INTERNET CENTRE



UK Safer Internet Centre: The European Commission appointed UK Safer Internet Centre is made up of three partners; **Childnet International**, the **South West Grid for Learning** and the **Internet Watch Foundation**. Together 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.



Registered UK Charity:
1080173

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. The **Parents and Carers** area also contains key advice, information on reporting and detailed information on a range of e-safety topics in the **Hot topics** section.

www.childnet.com



Registered UK Charity:
1120354

South West Grid for Learning: The South West Grid for Learning (SWGfL) is a not for profit, charitable trust dedicated to the advancement of education through information and communication technologies. They provide safe, supported broadband internet, teaching and learning services for 2,500 schools in the South West of England and e-safety education and training regionally, nationally and internationally. They provide professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential.

www.swgfl.org.uk



Registered UK Charity:
1112398

Internet Watch Foundation: The Internet Watch Foundation 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. The IWF works in partnership with the online industry, law enforcement, government, and international partners. It is a charity and a self-regulatory body with over 100 Members from the online industry.

www.iwf.org.uk

2. SAFER INTERNET DAY



Safer Internet Day: Celebrated globally every year, Safer Internet Day offers the opportunity offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together and play their part for a better internet. Ultimately, a better internet is up to us!

www.saferinternetday.org.uk

3. FACTSHEETS/INFORMATION 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



Information and Advice for Foster Carers/Adoptive Parents:

The UK Safer Internet Centre has worked together with Islington Council to create leaflets for foster carers and adoptive parents. The leaflets, which are free to download and easy to print, include top tips and conversation starters to help foster carers and adoptive parents get to grips with internet safety.

www.saferinternet.org.uk/fostering-adoption



Keeping Young Children Safe Online: Children love using technology and are learning to navigate websites, online games and consoles, and touch screen technology like iPads and smartphones from a younger and younger age. This advice contains top tips for parents and carers for keeping young children safe online.

www.childnet.com/resources/keeping-young-children-safe-online

4. ONLINE RESOURCES FOR PARENTS & CARERS



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 download 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



Online Gaming: Childnet's guide contains helpful advice and information on supporting children and young people playing games online. www.childnet.com/online-gaming



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, Twitter 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

5. WHERE TO REPORT/GET HELP



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.saferinternet.org.uk/need-help



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



NSPCC: If you have concerns about the safety of a child then contact the NSPCC helpline on **0808 800 5000** or email help@nspcc.org.uk. 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**.



True Vision: Online content which incites hatred on the grounds of race, religion and sexual orientation can be reported to True Vision; a UK website set up to tackle all forms of hate crime, including those on the grounds of disability and transgender identity. www.report-it.org.uk

