

Clear family rules can help your child have a positive start to their digital life and get the most out of being online. Ask your child to help create some family rules.

Create an Agreement - for example

- Limit the times of day and amount of time the family are allowed online
- Checking of devices
- Discuss up to date virus checkers for all devices.
- Not to share pictures you wouldn't show your parents or teachers
- Discuss webcam usage
- No financial transactions

Useful Links

www.nationalonlinesafety.com

Parentzone

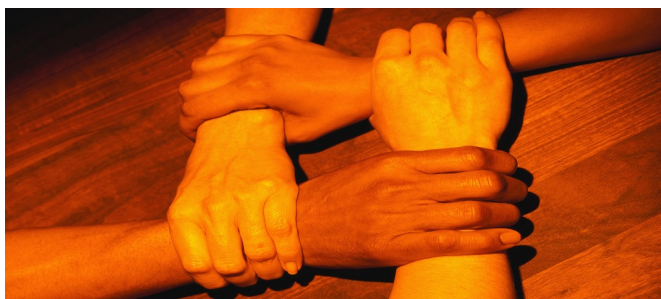
www.thinkuknow.co.uk

www.internetmatters.org

www.saferinternet.org.uk

www.nspcc.org.uk

www.childline.org.uk



Linda Parry Kate Wakeford Parent Support Advisors

The Wavell Cluster includes:

The Wavell Secondary School
South Farnborough Infant School
South Farnborough Junior School
Talavera Infant School
Talavera Junior School
St Peter's C of E Junior School
North Farnborough Infant School
Marlborough Infant School
St Patrick's Catholic Primary School
St Bernadette's Catholic Primary School
Rowhill Secondary School

If you have any concerns about your child's behaviour around internet use please contact your school or

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Keeping safe in the digital world



Top tips to keep your children safe online

Have some house rules around.....

Keeping Safe

- Agree which websites are okay for children to use.
- Remind children that we do not open links from people we do not know.
- Agree what information is ok for them to share online.
- Discuss who your children can talk to if they feel uncomfortable about anything they have seen or heard online or on a device.
- Remind children it is not safe to meet people they have only talked to online,

Devices

- How long can they spend online or on a device?
- Which devices are they allowed to use and when?
- Are there any areas of the internet which they are not to use, eg games or social networks, social media?
- Discuss when is it okay to download files, games or apps?

Social Responsibility

- Agree what information is ok to share.
- Discuss what is the age requirement to be on social networks.
- Agree what they can post, on line. Make sure to discuss images and videos.
- Discuss why it is important to be private and how to set this up?
- Agree the rules we should follow.

Positive online behaviour

- Discuss what is a good friend on the internet.
- Discuss what they should do if they receive frightening or bullying messages.
- Teach them to tell you or report it. For older children teach them where the block button is and when to use it.

Top ten Tips

1. Parental controls These can be set on both your router and devices - YouTube and Google have videos on how to do this.
2. Teach responsibility Teach life skills to keep your child/ren safe. It is suggested that 68% of children think everything on the internet is true and 27% have seen something they don't like. Try and have fun on line together, play games, support homework and learn together. Help them to be critical, check in with you. It will become natural for your child to turn to you if they experience anything upsetting online.
3. Support digital resilience Talk to your children, discuss content they send/receive. How do they see themselves online and how do others see them? For example, being truthful - if they are misleading what may somebody else be doing? Does your child know who they are talking to the 'real world'?
4. Adverts Switch on the advert blocker on all devices. There can be hidden costs in advertising within apps.
5. Time to switch off Would you let your child go out and play/chat with friends/strangers at 9pm? If not then why is it ok for them to do it in their room on their phone? Perhaps a rule that after a set time all devices are out of bedrooms. Most devices can be set to switch off at a set time.
6. Lead by example. How much time do they spend on the internet and phone? What are we modelling? If we are to set a house rule around internet it should also apply to parents/carers too. Teaching responsibility we can support, protect and be involved with our children.

Top ten Tips

7. Social responsibility Are they putting things out there on Instagram, snapchat, TikTok and other social media sites? Would they want you or a teacher to see it? Starting conversations and good habits early on is a great way to support them in staying safe online.
8. Be aware. Currently Koala safe and Qustodio give you a mirror image of what your child is looking at. You can purchase sites that block sites with, for example, obscene content. It is important for you, the parent, to keep safeguarding up to date as sites may change.
9. Gaming Find out about the games your child is playing – check age limits and who they are playing with. How long are they playing? You could set a timer for how long games are played - a countdown on games being switched off.
10. What do children do to keep themselves safe online? If not taught then nothing! Children don't believe we'd give them anything that is unsafe. Check in and learn what they're doing. Parentzone parentzone.org.uk offers help advice and a tracking app that helps you keep you children safe on line. You can also apply a kid's search engine. Know their password and help them to change their passwords regularly to keep them and their information safe.



Every Parent and Every Child Matters