

# Online Safety – Guidance for Parents

The internet is undoubtedly one of the greatest ever inventions and is an extremely useful tool for entertainment, staying in touch, sharing memories as well as finding out anything and everything. However, the internet is also full of danger which children need to be safeguarded from.

Keeping up to date with what your children are doing online can seem very daunting. Technology is constantly advancing and sometimes parents feel that their children know more about the internet than they do.

The guidance and links below are designed to help parent's and carers to keep their children as safe as possible when online. Our best single bit of advice is to be curious about what your children are doing online, take an interest in their activities and regularly check what they are doing.

## Helpful Hints and Tips

1. Check that your internet service provider provides **parental controls** so you can add a layer of security for your children and filter out inappropriate content. The website links below also contain advice about this. If your child has a mobile phone check the settings on this too
2. **Talk** to your child about online safety and take an interest in their activity. Especially encourage them to talk to you about anything which is worrying them online
3. Keep **online passwords** safe and secure and change them often. Don't let any of your networks be open or discoverable
4. Agree ground rules for safe use of the internet at home. For example limit the amount of time children can spend online in any one go and restrict access at bedtime
5. Be **App aware**. Many devices require downloading an app. You should check the privacy settings and permissions of any apps you download, as well as the product itself.
6. Be **device aware**. Make sure your security settings include all internet enabled devices including smart TV's and game consoles
7. **Report any concerns** you have. The CEOP website below is full of really helpful information.