



# Online Safety for Parents

Helping you to keep your children safe online

March 2018

Dear Parents and Carers,

If your children have digital devices on their wish lists as presents, it could be gaming consoles and tablets, whatever the device please activate **parental controls** This link should be helpful:

(<https://www.internetmatters.org/parental-controls/interactive-guide/>)

Starting with the parental controls switched on before the children receive the device is the most effective control as you won't have to take time to do this once the children are keen to start playing and exploring.

Also, if you don't have **parental controls on your home internet** please look at setting them up, as this will reduce the risk of your children stumbling across something inappropriate while browsing the internet.

(<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>)

With all technology in your home please be the **POS—Parent Over Shoulder**.

Livestreaming is becoming very popular and as a parent it is essential to understand what it is— it is a way that people can broadcast themselves on apps such as Instagram Live, Facebook Live, Periscope, Twitch and YouTube Live. Live streaming is used for people to broadcast themselves to others, to friends or a wider audience, which could be anyone.

Livestreaming is used to capture breaking news stories. There is a concern about what children may see when watching and what they may be asked to share. This is definitely something for parents to be very careful about, in terms of their families use.

If you are buying new games for children it is important to check if they are age appropriate. Use the PEGI ratings to help—<http://www.pegi.info/> Experts in the field of online safety recommend chatting to your children about what they do online. Here are some suggestions to start the conversation:

- Ask your children about the sites that they like to visit
- Ask them for tips for keeping safe
- Ask what is safe to share and what is not
- Ask them to teach you or another family member how to do something new online
- Talk about the time they spend online, and talk about offline activities that are fun and good for our health

Make talking about online activities a regular thing. Hopefully keeping the communication challenges open so that your children are used to talking to you about online use will keep you informed and up to date.

Encourage your children to have strong passwords that they **don't share with anyone**. This site allows you to enter a password you use to see how long it would take to crack—have some family fun to see who has the strongest password. <https://howsecureismypassword.net/>

Have a lovely holiday.

## Useful links

<http://parentinfo.org/>

Parental Control Links Childnet



<http://www.childnet.com/parents-and-carers/hot-topics/parental-controls>



UK Safer Internet Centre

<http://www.saferinternet.org.uk>



Think U Know

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



Internet Matters.org

<https://www.internetmatters.org>

internet  
matters.org

CEOP (Child Exploitation on line Protection Agency)

<http://www.ceop.police.uk>

