

How to Keep Your Children Safe online

Helpful Information and Advice for Parents



The information in this leaflet comes from:

www.childnet.com/resources/know-it-all-for-parents



Conversation starter ideas:

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and [how to report](#) or block on the services they use.
4. Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
5. Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?



• Where do I start?

The best way to keep your family safe online, and to understand your children's internet use, is to use the internet together. Active engagement and conversations with your children are key. Be positive and embrace the technologies that young children enjoy and look for family activities or games. Take time to explore the games and services that your children are using, or want to use, and look out for any safety features that may be available. This will give you a better understanding of the different ways that children are engaging with technology and help you to feel more confident.

• Should I set any rules?

In the same way that you set rules for most areas of your children's lives, establish your expectations regarding online activities. Creating a family agreement is a useful step, which might include time spent online, sites that can be visited, and behaviour expected; remember, what's right and wrong offline is also right and

wrong online. It's a great idea to agree these rules from the outset, so that you and your children are aware of their boundaries.

- **How can I supervise my child?**

Placing your computer or laptop in a busy part of the house e.g. the living room or kitchen can be helpful. This can make it easier for you to be involved in their technology use. But remember, the internet can be accessed from a number of portable devices, for example smartphones, iPod Touch, games consoles and tablets. Portable devices may allow you to ensure your children are using them where you can see them and your children can still be supervised. To find out more about the internet capabilities of smartphones, gaming consoles and other devices, access our [Parents' Guide to Technology](#).

- **How much time is too much time?**

Children can be enthusiastic users of technology. The challenge can be to harness this enthusiasm and ensure a balance, so that the use of technology does not negatively impact on other important areas of young children's lives. There are some strategies that can be used to help manage the time online issue, such as agreeing time limits or using time limiting tools, designating weekly times to use the internet together, or removing portable devices from your child's bedroom at night to avoid tiredness

- **Are there tools to help?**

There are free parental controls and filters available, to help you set safer boundaries for your children, but you will usually be required to set them up. Your internet service provider (such as BT or TalkTalk) will provide free filters to help block age inappropriate content for children, and on the UK Safer Internet Centre website you can watch [video tutorials](#) that show you how to find and set these up. All Mobile phone operators (such as O2 or Vodafone) also provide such parental controls for free. The websites of device manufacturers (such as games consoles) should also outline the controls to which you have access.

Filtering options can be found within websites and services themselves, for example on YouTube or 'safe search' settings can be applied to search engines such as Google or Bing. There are even some search services designed for children (such as Yahoo! Kids). Parental controls can be password protected, so it's advisable to choose a strong password and not share it. Parental controls and filters are a good starting point but it is important to recognise that they are not 100% effective. They are a great help, but not a solution, and work best in combination with parental supervision and engagement, to help your children understand how to

stay safe online. As children grow and develop, so do their online needs, therefore you may want to periodically review your parental controls to accommodate this.

- **What advice can I give my child?**

Education is the best tool that a child can have, so discuss with your child the importance of telling an adult immediately if someone, or something, upsets them online. Make sure that your children know that they can come and talk to you (without necessarily getting into trouble) if they see anything that worries them on the internet, and encourage them to feel confident enough to do so. Other immediate strategies to deal with unwanted content or contact could include; switch the screen off, close the laptop, exit the website, or turn the iPad or phone over and put it down.

Younger users may be distracted by advertising and pop ups and with just a couple of clicks, or a spelling mistake, may find themselves on a different website.

Children are naturally curious and will innately push boundaries. Bookmarking sites or creating a 'favourites' list is a simple way to help your children find the content they want without having to search the internet for it. It is also important whilst beginning to explore the internet that your child realises that other internet users may not be who they say they are and that 'friends' made online are still strangers, so personal information should be kept safe, including their name, address, phone numbers and passwords etc. Encourage the use of screen names and nicknames where possible. This is where a family agreement can be incredibly useful, to establish rules and good online behaviour in advance.

- **What games are ok for my child to play?**

There are many different online games and playing experiences currently available to children e.g. via computers, consoles, internet games and apps. Gaming may be the very first way that your child encounters life online. Some games however are for adults or older audiences and contain images and language that are not suitable for children. Therefore it is important that the games your children play are the correct age rating. Like film classifications, these ratings are determined by the game's content, and all video games sold in the UK are clearly marked with age ratings set by PEGI (Pan European Games Information). Some online games may also be age rated or be classified 'PEGI OK.'

Many games allow children to play with other internet users and may have chat features enabled. Some games provide a "safe chat mode" where simple predetermined phrases can be used. Playing these games yourself can be fun and will also enable you to identify the safety features provided, such as reporting to a moderator. Reading online reviews of games can be a really useful way to hear other parents' experiences and feedback, and highlight potential safety issues like

whether 'in-app' adverts are present, and whether the adverts displayed are suitable for the audience for which the app is intended. There have been news stories of young children running up large bills by inadvertently making 'in-app' purchases whilst playing, so do look out for whether you can spend real money during the game; it should be in the app description in the app store. You can also disable 'in-app' purchasing on a number of devices within the settings.

• Where can I report?

Reports can be made to websites through safety/help centres and moderation services. If you are suspicious about the behaviour of others online, reports can be made to [CEOP](#) and inappropriate media content, online and offline can be reported via [Parentport](#). Criminal content online can also be reported to the [IWF](#).

Need help?

What to do if a child has come to you and needs help

1. Communication with your child is essential. Talk to them and reassure them that they can always come to you if something upsets or worries them online.
2. Save the evidence wherever possible. You may be able to report what has happened to the online service being used when the incident occurred. Evidence may include screen shots taken on a laptop or mobile device, emails, texts or online conversation histories. If you do need to make a report, evidence gathered will make it easier to show exactly what has taken place.
3. Knowing who to report to is a really useful step to resolve many issues, so do familiarise yourself with the services available below. Depending on what has happened, it might be necessary to let your child's school know too.

Where to report online concerns or risks:

Grooming or other illegal behaviour

If you want to report someone who is behaving suspiciously online towards a child, you should contact 999 if it is an emergency situation, or otherwise make a report to [CEOP](#), the Child Exploitation Online Protection Centre.

Criminal content online

If you see any criminal content online, you should report this to the [Internet Watch Foundation \(IWF\)](#). Criminal content in the UK includes child sexual abuse images, criminally obscene adult content, as well as non-photographic child sexual abuse images.

Online content which incites hatred on the grounds of race, religion, disability and sexual orientation or transgender identity, should be reported to [True Vision](#), which tackles all forms of hate crime. True Vision will give you information on content which indicates hatred and how to report it.

Media content inappropriate for children

If you want to make a complaint about an advert, television or radio programme, film, newspaper, magazine, video game or other type of content online or offline, that you think is unsuitable for children, you can report it using [ParentPort](#).

Getting help/advice

Many popular online services have some really useful help and advice areas, as well as ways to [report](#) and block content that is not allowed on the site (eg cyberbullying).



[Facebook Safety Centre](#)

[Website](#)



[Playstation Network Support](#)

[Website](#)



What we do at school to keep your child safe online:

- **E - safety policy which is updated annually and adhered to by all staff – the policy is available for parents on our website**
- **Children have specific lessons throughout the year as part of the curriculum about e-safety, using special teaching the resources from thinkuknow and childnet websites eg. Hector's World**
- **Children are taught in every year group that:**
 - **they must ask permission before going on the internet**
 - **they only use the internet when an adult is there to supervise them**
 - **they must only use our school approved search engines**
 - **they must never give personal information online**
 - **they must never share passwords**
 - **if they ever see anything on the computer that they don't like or that is for adults only then they SWITCH OFF the screen (monitor) immediately and go and tell an adult straight away**
- **We ask parents to “sign up to” e –safety practices as part of our Home School Agreement**
- **We have “acceptable use” policies for children (see below)**
- **All adults in school sign up to a staff “acceptable use policy”**



Priory Infant School

Pupil Acceptable Use Policy

All pupils must follow the rules in this policy when using school computers.

Pupils that do not follow these rules may find:

- They are not allowed to use the computers,
- They can only use the computers if they are more closely watched.

Teachers will show pupils how to use the computers. The class teacher and Mrs Trudie Miller (ICT manager) will make sure that all pupils are aware of these rules and what they mean through regular reminders and direct teaching.

Computer Rules	
1	I will always tell an adult if I want to use the internet
2	I will only use polite language when using the computers, I must not write anything that might upset someone or give the school a bad name.
3	I know that my teacher will regularly check what I have done on the school computers.
4	I must not tell anyone my name, where I live, or my telephone number on the internet.
5	I must not tell my username and passwords to anyone else but my teacher or parents.
6	I must never use other people's usernames and passwords.
7	I know that e-mail is not guaranteed to be private. I must not send unnamed e-mails.
8	I will report any websites that make me feel uncomfortable to my teacher at school (to my parents at home.)
9	I will tell my teacher (or parents) straight away if I am sent any messages that make me feel uncomfortable.
10	I will not try to harm any equipment or the work of another person on a computer.
11	If I find something that I think I should not be able to see, I must tell my teacher straight away and not show it to other pupils. I will tell my parents straight away if I find something on the computer at home.