

# Helping your children to stay safe online

## Take control

Use the parental controls on your home broadband and any other devices which are connected to the internet. Find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).

## Search safely

Check your children use safe search engines like [kidrex.org](http://kidrex.org) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. Find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

## Agree boundaries

Clearly discuss what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of personal information they can share. Agree with your child when they can have a mobile phone or tablet.

## Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

## Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

## **Try to learn more about e-safety and teach your child some simple rule.**

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

## **Talk about it and have a meaningful conversation**

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable