



Parent and Carers E-Safety Advice

Parents and carers play a key role in supporting children to learn about how to stay safe online, and they are one of the first people children turn to if things go wrong. We know it can be difficult to stay on top of the wide range of sites and devices that young people use, so we hope that the following advice helps:

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online.

Not sure where to begin? These conversation starter suggestions can help.

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. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?



Safety Tools on Social Networks and Other Online Services

Most online services offer some safety features that can help you manage access to age-inappropriate content, report concerns or protect privacy.

It is a good idea to think about the sites and services your family uses, and check out which features these sites have that might be helpful for you. Talk to your children and make sure they know how to use the tools on the sites and services they use.

Parental controls and Filters

We know that children, particularly younger children, can be bothered by things they see online, and filters can be a helpful tool in reducing the chances of coming across something upsetting.

Set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK - BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time.

This information was sourced from: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers>

Further websites for support and information:

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

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<http://www.childnet.com/parents-and-carers>