

# Support in Keeping Your Children Safe Online



The internet can be a place for children to learn, spend time with friends, and have fun. It's an everyday part of childhood.

However, the internet was not invented with children in mind. As a parent, it's natural to wonder how to keep your child safe and it is important that you know how to do so. The three main risks to the children online are known as the 3 Cs - content, conduct and contact. The children learn about internet safety at school, but we need your help to really embed key messages.

Here are five top tips for parents:

- **Prioritise safety.** Teach children not to give out personal information. This includes their name, address, and telephone number. Other details about their life can give away more information than they might think. Children should avoid posting which school they go to or uploading pictures of themselves (or their classmates) in their uniform.
- **Set parental controls.** Work together with your child to agree a list of websites they can visit or apps they can use. Remember to check the minimum age limit as many have a minimum age limit of 13 and as such should not be used by primary age children. Let your child know that you will check who and what they have been messaging. The most common issue we have to deal with at school is rude and upsetting out of school messaging between children (often undertaken after bedtime or whilst gaming).
- **Discuss their activity.** Take an interest in their online world. Talk to them about their favourite websites, online channels and their online friends. This will keep communication open between you and your child.
- **Set boundaries.** Establish time limits for activities such as using the internet and gaming. Make sure to set aside time for 'unplugged' family activities. Avoid too much "screen time".
- **Be open.** Let them know that they can tell you about anything that happens on the internet. Try to listen without judgement or anger. With older children, explain your worries so they can see the reasoning behind any rules you set.

The children get taught about online safety as part of the computing and PSHE curriculum at school, but it is important that you too work with them to keep them safe. We also participate in activities such as Safer Internet Day and last year had a visitor from Harrap, our School IT provider, present to all children in all year groups about e-safety as well as running parental information sessions.

The Internet Matters website is a brilliant resource to support you in keeping your child safe online: [www.internetmatters.org/](http://www.internetmatters.org/)