

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 wasn't 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.

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 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.
- **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 a parental information meeting.

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