



Helpful guide: keeping your child safe online

Increasingly young people have more and more opportunities to get online and surf the web, whether at home, school or by using mobile devices and games consoles. We live in a world where many children are more tech savvy than their parents or carers and are reliant on the internet on a daily basis.

Whilst the internet can be a huge benefit it can also pose risks to your children. It is vital that all young people understand how best to stay safe online, how to spot anything that might be suspicious and where to turn if they have any concerns.



Our top tips for staying safe online

- Talk to your child about the dangers posed by the internet; explain that what goes online stays online and that they should not do anything online that they would not do in person.
- Put your family computer in a main room in the house and not out of sight in a bedroom.
- Talk to your child and understand what sort of websites they visit and why they visit them – help them find alternatives if you feel they would be more appropriate.
- Remember that sites like YouTube and Facebook have a minimum age limit of 13 for a reason.
- Many internet service providers supply free parental control software. Investigate what is available and use the appropriate software to protect your child.
- Ensure that all of your mobile devices are protected with a PIN code or password and kept out of reach. Keep all passwords and PIN numbers to yourself.
- Don't be pressured into letting your child use certain technologies or view certain online content.
- Only buy or download apps, games, online TV and films which have age ratings suited to your child and always check these before allowing them access.
- Share your technology rules with anyone who looks after your child so that the same rules are followed inside and outside of your house.
- The chances are that public Wi-Fi won't include parental controls. Ensure that your child does not access inappropriate content surfing the internet when out and about.
- Make sure your child feels confident to speak to you or another responsible adult if they do come across something online that concerns them.

Where do I find out more?

There are various organisations that provide useful advice and support to parents and carers working to protect their child online.

For more information visit:

Get Safe Online: www.getsafeonline.org

Internet Watch Foundation: www.iwf.org.uk

NSPCC: www.nspcc.org.uk

Childnet: www.childnet.com