



Staying Safe Online

A Guide for Parents

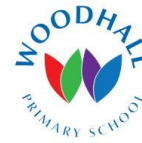
Most of us use the internet in all of our everyday life, and children follow our lead. Children from 7 or 8 years old tell us that they are using their own accounts to play games and communicate with other internet users. They tell us that they befriend other users and may have 200 or more “friends” with whom they regularly communicate, although they only know a handful of them in real life. A child in this school has been groomed online by an unknown person who they perceived to be their friend, even though they actually knew nothing about them.

Primary school aged children do not have a level of maturity that enables them to understand the danger they might be in. They believe that someone who says they are their friend, really is.

This guide aims to give you some useful advice to help you keep your child safe while they enjoy using the internet.

Useful Websites and Sources of Advice

- <https://www.internetmatters.org/advice/6-10/>
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- If you want to set up parental controls, adjust privacy settings or get advice on social networks, experts from the free O2 & NSPCC helpline can help. Call [0808 800 5002](tel:08088005002)



Explore together

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

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. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. This is because children younger than this do not have sufficient concept of the danger they may be in.

Stay Involved

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Put yourself in control

Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.