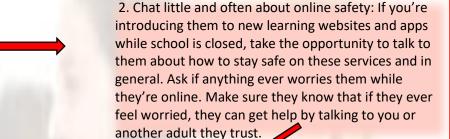# ESAFETY

As a parent or carer it can be difficult to monitor what your child is up to online. Most parents and carers trust their children online, but it can be easy for a child to stumble across things that might upset or disturb them. We have gathered some guidance below to support you at home.

8 STEPS TO KEEP YOUR CHILD SAFE ONLINE THIS MONTH

1. Explore together: Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.

2. Chat little and often about online safety: If you're introducing them to new learning websites and apps while school is closed, take the opportunity to talk to them about how to stay safe on these services and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3. Help your child identify trusted adults who can help them if they are worried: such as on their network, adults may include parents, wider family, school or other support services. Encourage them to draw around their hand or their trusted adults on each finger.

4. Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5. Supervise their online activity: Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom

6. Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

7. Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

8. Parental controls: Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

BE MINDFUL OF…

- **Age rating of games, app, etc. PEGI set age ratings for games and classify their content according to what is appropriate for their age. E.G House Party has an age rating of 13+ and Fortnight is 12+**
- **Be aware of content on your child's mobile phone**
- **Be mindful of who your child is talking to online**
- **Follow do's and don'ts safety online tips**
- **If you're worried that a child is at risk of harm online, you should call the police. Children can make a report to CEOP at https://www.ceop.police.uk/safety-centre/, or speak to your DSL at school.**

STAY UP TO DATE

Net Aware
Online guide with up-to-date advice and parents' views on popular apps, games and online platforms.
net-aware.org.uk

common sense media
Expert reviews, advice and age appropriate recommendations on games, apps, films and more.
commonsensemedia.org

internet matters.org
Step-by-step guides for using parental controls and privacy settings alongside support on a range of online safety topics.
internetmatters.org

www.thinkuknow.co.uk films and games are a great way to start and continue chats about online safety.

4-7s Jessie & Friends cartoon
https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos A three-episode animated series which helps keep 4-7s safe online. It explores three popular online activities: watching videos, sharing pictures and on line gaming.

8 – 11s Play Like Share cartoons
https://www.thinkuknow.co.uk/parents/playlikeshare A three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online. Band Runner game and advice website – https://www.thinkuknow.co.uk