



E-safety Parent Guide



Helping to keep your children safe online



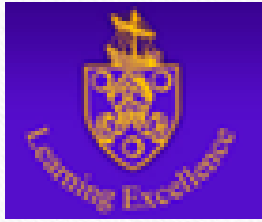
Aims of the document

- Reflect on how to help your children safely enjoy being online.
- Highlight the importance of communication with children about their life online.
- Understand how to set up parental controls on home and mobile devices.
- Know what to do if your child encounters problems online.



The Internet in numbers...

- 96% of families in the UK have Internet access (February 2020)
- 89% of teenagers have access to the Internet (most of this is unsupervised)
- 70% of children aged 5-15 have a games console or iPad, many of which are used for online gaming



Children Online

Potential Risks

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video
- Giving out too much information online
- Viruses, hacking and security



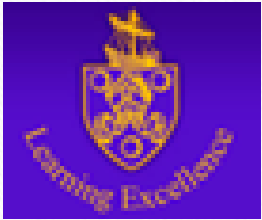
Risks of Gaming

- Many online games have communication features which allow their users to interact anonymously and sometimes the 'mute' option is difficult to locate.
- Cyberbullies may harass fellow gamers and online scam artists may promise virtual goods in an effort to get credit card information e.g. Fortnite
- Most game consoles allow internet access as well, so it is important to be aware of their communication features.



Tips

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Internet technology is mobile so make sure to monitor mobile phones, gaming devices, and laptops.
- Browse the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming (headsets and mics) and webcams.
- Check the browser search history on a regular basis.



Communication

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- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
 - No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
 - Create a family agreement for internet use, such as on:
<https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit>



Creating a Family Agreement

Staying Safe Online:

1. I will ALWAYS tell a parent or another adult immediately, if something is confusing or seems scary or threatening.
2. I will NEVER give out my full name, real address, telephone number, school name or location, schedule, password, or other identifying information when I'm online. I will check with an adult for any exceptions.
3. I will NEVER have a face-to-face meeting with someone I've met online. In rare cases, my parents may decide it's OK, but if I do decide to meet a cyberpal, I will make sure we meet in a public place and that a parent or guardian is with me.
4. I will NEVER respond online to any messages that use bad words or words that are scary, threatening, or just feel weird. If I get that kind of message, I'll print it out and tell an adult immediately. The adult can then contact the online service or appropriate agency. If I'm uncomfortable in a live chat room, I will use the "ignore" button.
5. I will NEVER go into a new online area that is going to cost additional money without first asking permission from my parent or teacher.
6. I will NEVER send a picture over the Internet or via regular mail to anyone without my parent's permission.
7. I will NOT give out a credit card number online without a parent present.

Young Person _____ **Date** _____

Parent/Guardian _____ **Date** _____



Ask open questions

- What are your favourite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face?
- Besides me, who do you feel that you can talk to if you are in a scary or uncomfortable situation?
- How many people do you have on your buddy/contact list(s) and who are they?
- Have you ever chatted with someone you did not know in real life? What kinds of things did you talk about?



Parental Controls

Internet Providers

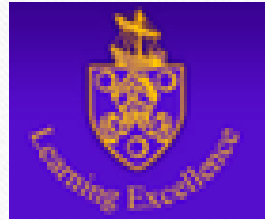
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- The 5 big internet providers in the UK – **BT, Sky, TalkTalk, Plusnet** and **Virgin Media** - provide their customers with free parental controls.
 - These providers offer filter levels e.g. BT provides ‘light’, ‘moderate’ or ‘strict’ filter levels.
 - Parents can :
 - customise their parental controls.
 - allow and block specific sites.
 - set filter times (BT and Virgin).
 - set limits for time online.



Parental Controls

Gaming Devices

- Parental controls can also be set up on games consoles, such as Playstations and Xbox.
- Restrict games, TV, films and music based on age rating. This includes physical discs and digital downloads.
- Restrict time spent e.g. “Family Timer” to limit the total amount.
- Control your child’s friend requests so you know who they’re playing with online.
- Restrict online user-to-user communication and the exchange of user-generated content.

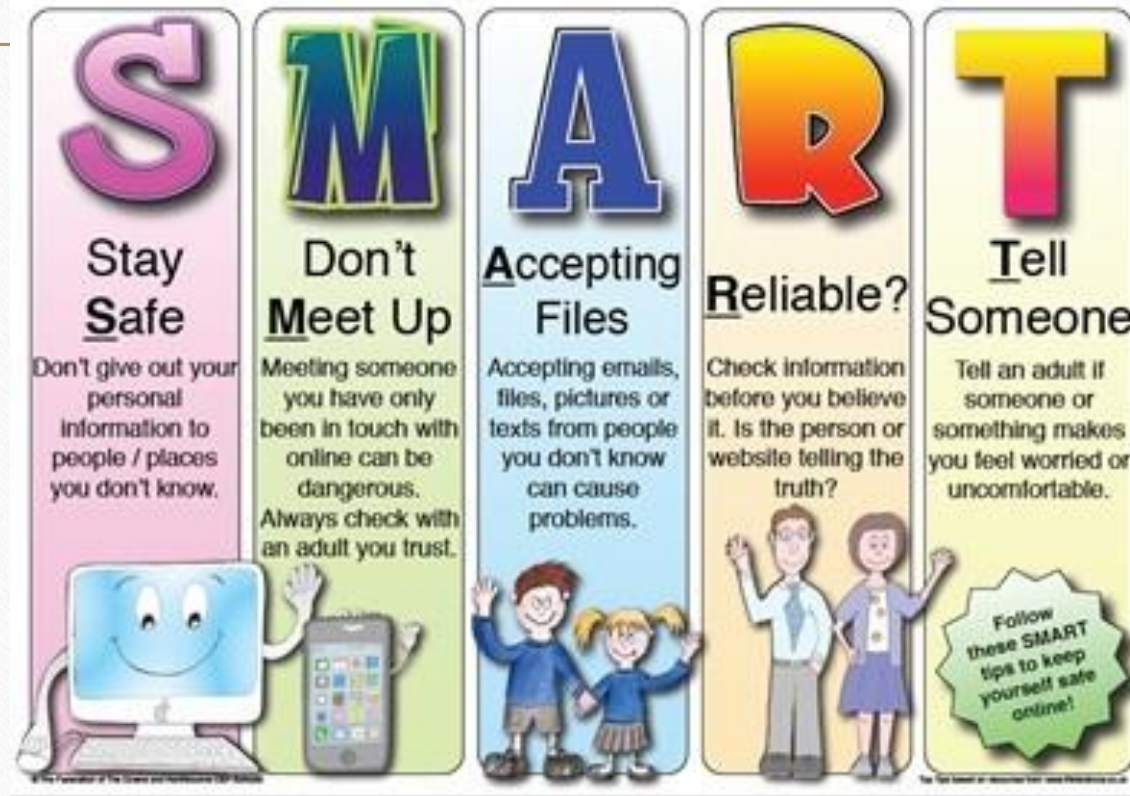


Parental Controls

Smartphones and tablets

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- Capable of a range of internet functions: social networking, listening to music, playing games, browsing the internet, checking emails, taking photos and videos and watching TV.
 - Out and about, users access the internet via 4G or wi-fi connection which is provided by the data allowance in their mobile contract.
 - All mobile network providers provide parental controls.
 - Some will have these on as default, but others you will need to request to be turned on.
- e.g. Tesco Mobile and O2 have a parental control option to ensure that only websites they have classified as suitable for children under 12 can be accessed. Contact your service provider to find out about filtering options.

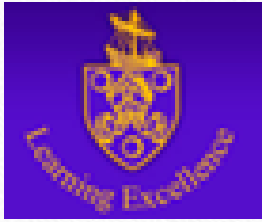
The message we give at school





What to do if your child sees inappropriate material online

- Don't overreact if your child tells you about something they have seen. You might feel shocked and angry but by dealing with it calmly your child will know they can turn to you again.
- Keep records of abusive messaging.
- Report abusive or inappropriate behaviour to the website, school and if serious, to the police.
- If you come across illegal content or images you feel uncomfortable viewing please report to: <https://ceop.police.uk/safety-centre/>



Useful Websites

- <https://www.saferinternet.org.uk/safer-internet-day/2021>
- www.kidsmart.org.uk/beingsmart
- www.childnet.com/resources/parental-controls
- <https://www.missingkids.org/netsmartz/resources>