Safety Net

Parenting with technology

Top tips to help keep children safe online.

- ## Top Tips (From www.thinkuknow.co.uk)

- **Be involved in your child's online life.** For children and young people there is no difference between their online and offline worlds. Talk to them about what they're doing, if they know you understand they are more likely to approach you if they need support.

- **Watch Thinkuknow films to learn more.** The Thinkuknow website has <u>films and advice for children</u> from five to 16. Your child may have seen these at school and may be able to tell you are the potential risks.

- **Keep up-to-date with your child's development online.** Be inquisitive and interested in the new gadgets and sites that your child is using. It's important that as your child learns more, so do you.

- **Set boundaries in the online world just as you would in the real world.** Think about what they might see, what they share, who they talk to and how long they spend online. It is important to continue to discuss boundaries so that they evolve as your child's use of technology does.…

- **Know what connects to the internet and how.** Nowadays more and more devices connect to the internet. Your child will use all sorts of devices and gadgets; make sure you're aware of which ones can connect to the internet, such as their phone or games console. Also, find out how they are accessing the internet – is it your connection or through 3G? This will affect whether your safety settings are being applied.

- **Know what to do if something goes wrong.** Just as in the offline world, you want to help your child when they need it. Therefore, it is important to know when and how to report any problem.

Let your child teach you

The people who know best about what your children are up to online, are your children! Get them to tell you about the sites they're using.

Why do you like this website /game?   What can you do on it?

What's so fun about it?   Who uses it at school?

Who you can you talk to whilst playing?

Is there anyone playing that you have never met?

Reach an agreement

Here are some of the areas you might want to include::
- TIME: Have agreed time that your child spends online, or playing computer games.
- BREAKS: Agree regular screen breaks – at least five minutes every 45-60 minutes.
- THINK BEFORE SHARING PHOTOS and PERSONAL INFO online
- COMMUNICATION: What will happen is your child comes to you as they are concerned.
  .   Where can you go for help and support?

Using your technology can be contagious!!
Are you being a role model to your child?

⇒ Are you texting at the table?
⇒ On twitter whilst watching TV?
⇒ Do you look up from a PC/laptop/iPad when your child walks into the room?
⇒ Have you joined in with your child and played their games?
⇒ Are you constantly distracted by your phone?
⇒ Do you rush to check Google to find the correct answer rather than having a lengthy discussion?
⇒ Do you share interesting websites jokes or stories with your child online?

Keep **all** channels of communication open, show an interest in their online world to encourage them to share with you.

Watch CEOP videos together (Google CEOP videos)
Use the fantastic videos that are used in schools to start a conversation
(NB it is ok to admit you do not know what you would do!)
Your child may have all the answers

MCHUMOR.COM by T. McCracken

"OK, dad, but this is the last time I'm going to show you how to set the parental controls."

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Useful websites for parents:

Thinkuknow. The place to start.
www.thinkuknow.co.uk/parents

Vodafone, Digital Parenting Guide.
Sign up for e-newsletters
http://www.vodafone.com/content/parents.html

Common Sense.
Honest reviews of games, apps and films by parents and children
http://www.commonsensemedia.org/

Family Lives
www.familylives,org,uk
Get advice and support
whenever you need it. Online mentor available

Childline www.childline.org.uk
Your child can contact
ChildLine anytime - calls are
free and confidential.
Online counsellor available 24 hours a day.