

6 Easy Steps to keep children safe online

- ♦ **Set up home broadband parental controls.** These allow you to control what content is seen on any device connected to your broadband router/ hub.
- ♦ **Set controls on your search engine.** Encourage your child to use child-friendly search engines and activate/lock safe search settings.
- ♦ **Make sure every device is protected.** Controls should be installed on every device your child uses – mobile phones, tablets and games consoles
- ♦ **Privacy settings.** Activate safety measures offered by different sites. Sites have settings that help prevent your child seeing unsuitable advertising.
- ♦ **Block pop-ups.** If you're worried about your children accessing inappropriate content through clicking on pop-ups.
- ♦ **Keep talking.** Parental Controls are a really useful part of your toolkit to keep children safer online, and can be adjusted as your child grows, but it's vitally important to remember to talk regularly to your children about what they are doing online.

For more information and resources visit;
www.nspcc.org.uk
www.thinkuknow.co.uk/
<https://www.internetmatters.org/>
<https://www.saferinternet.org.uk/>
www.childnet.com/



*A Willow School and Broadwaters Children's
Centre publication 2021
N17 6HW*

ONLINE SAFETY FOR PARENTS/ CARERS

The Willow Primary School &
Broadwaters's Children's Centre
020 8885 8800



The Willow School
and Broadwaters
Children Centre

WHAT IS INTERNET/ONLINE SAFETY?

What is it? Children may have better technical skills than you, however children still need advice and adult protection in using internet and mobile technologies safely. Whether they are on a computer at school, a laptop, smart TV, games console at home or on a mobile phone.

What are the risks? The internet is both good and bad. It opens up so many educational and social opportunities to children, giving them access to a world of information and experiences. For most children and young people, the internet has become an integral part of their lives where they play video games, download music and videos and chat to people via social networking sites and apps ie Whatsapp, Instagram, Twitter, Snapchat, TikTok, or Kik.

Using the internet can also expose your child to risks such as:

- ♦ Accessing age inappropriate content, including pornography;
- ♦ 'Friending' or communicating with people they don't know;
- ♦ Online Grooming for the purpose of sexual abuse or exploitation;
- ♦ Sharing personal information;
- ♦ Gambling or running up debts (children may buy items ie extra lives/new levels);
- ♦ Receiving upsetting texts
- ♦ Sharing inappropriate images of young people under 18 with others

Cyberbullying

Cyberbullying is an increasingly common form of bullying behaviour which happens online through social networks, games and mobile phones. Cyberbullying can happen at any time or anywhere - a child can be bullied when they are alone in their bedroom - so it can feel like there's no escape. For more advice on preventing and responding to cyberbullying visit www.nspcc.org.uk

Help your kids stay safe online.
Work as a **TEAM**



Sexting

'Sexting' is an increasingly common activity among children and young people, where they share self-generated inappropriate or explicit images online or through mobile picture messages or webcams over the internet. It may be common but 'sexting' is illegal. By sending an explicit image, a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with their permission.

Talk to your child you don't need to be an expert.

Talking to your child – openly, and regularly – is the best way to help keep them safe online. You might find it helpful to start with a family discussion to set boundaries and agree what's appropriate. Or you might need a more specific conversation about an app or website your child wants to use or something you're worried about.

Visit <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/> where you will find helpful advice and ways you can help to keep your child safe. Whenever and wherever they go online talk to them. Some tips here;

- ♦ Ask them about things they might see online which make them feel uncomfortable
- ♦ Explore apps and sites together – you can use www.net-aware.org.uk to do a bit of research.

With technology changing all the time, it can be hard to keep up to date. You can always call the NSPCC online safety helpline 0808 800 5000 or email help@nspcc.org.uk to get advice on anything from the latest social networks to parental controls.

Visit the NSPCC here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>