

## THREE MINUTE TOOLBOX

# ON LINE SAFETY



### Top Ten Tips for Parents/Carers

Prepared by MRS A MACDONALD – HEAD OF PASTORAL CARE

Our children use the internet on a daily basis to learn, play and socialise in all sorts of different ways. How can you help?

- Change your search engine to [www.kiddle.co.uk](http://www.kiddle.co.uk) which is a visual search engine for children.
- Talk to your child about accessing the internet using mobile phones. I Pads/Tablets, Laptops or Computers. Think about where you let your child use the internet. Is it in the room with everyone, or are they alone in the bedroom?
- Ask your child to show you the sites they are using. Get to know what they are looking at on line. Check the history on the phone or iPad so you can see exactly what they have been viewing. Is it suitable? Encourage a conversation with your children, spend time getting to know what they are doing.
- Show your child how to set their profile settings to private.
- Ask your children about their online friends, find out who they are talking to. Remind them that a 'friend' is only if they know them in the real world.
- Remind your child not to give out their names, age or where they go to school. If someone is asking questions, or if they feel uncomfortable, remind them that they must tell you or another adult and that we will be able to help them.
- Set appropriate parental controls on anything that can access the internet, and don't forget about games consoles.
- Check the age recommendation for videos and games that your child may access on line – if it says 18 or over – **don't let them watch it!**
- Talk to your child about what to do if they are worried. Reassure them that they must talk to you and that you will help them. If they are worried about anything at school, remind them that they can always talk to us and again we will help them.

- Have one evening a week where you turn off all devices, a technology free evening. If everyone takes part, then you can have a proper conversation, read play games or whatever you choose to spend quality time together. Another good suggestion is turn off your Router – IF YOU DARE! Visit [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk) for further information on cyber-bullying and e-safety information.