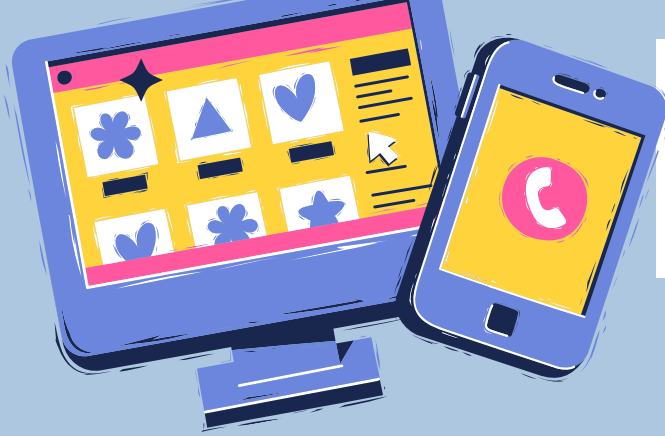


# INTERNET SAFETY FOR PARENTS



## A Quick Guide for Primary School Parents

Keeping children safe online is just as important as keeping them safe offline. The internet is a great place for learning and fun – but children need guidance to use it safely.

### WHAT ARE CHILDREN DOING ONLINE?

- Watching videos
- Playing online games
- Using messaging apps or group chats
- Completing homework
- Accessing social media

*Many apps have a minimum age of 13. Always check age ratings before allowing downloads or sign-ups.*

## 5

### SIMPLE WAYS TO KEEP YOUR CHILD SAFE

#### 1

#### TALK REGULARLY

Have open, calm conversations about what your child does online.

Remind them they can always tell you if something worries them.

#### 2

#### USE PARENTAL CONTROLS

- Set devices to child settings
- Keep accounts private
- Turn off location sharing
- Use safe search filters

#### 3

#### PROTECT PERSONAL INFORMATION

Teach your child never to share:

- Full name
- Address
- School name
- Passwords
- Photos in school uniform

#### 4

#### SET CLEAR RULES

- Agree together:
- Screen time limits
- Approved apps and games
- Where devices can be used
- When devices are turned off
- Be consistent and lead by example.

#### 5

#### KNOW THE WARNING SIGNS

Look out for:

- Sudden secrecy
- Being upset after using devices
- Changes in behaviour
- Reluctance to go to school

#### USEFUL WEBSITES

NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.childnet.com](http://www.childnet.com)

Internet Matters – [www.internetmatters.org](http://www.internetmatters.org)

Thinkuknow – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Stay Involved. Stay Informed. Keep Talking.