

Internet Safety – Top tips for Parents

Children aged 8-12 years

1. Use parental controls! Explain parental controls and internet rules so that your child understands and respects them. Make a contract with your child and agree the rules together.
2. Encourage your child to use the child-safe sites because interactions between other people are either moderated or can be restricted to known friends, e.g www.clubpenguin.com
3. It is important to be with your child, or at least nearby, when they explore the Net. Put the computer in a kitchen area, family room, or other areas where the child has access to you while using the computer. Make a contract with your child and agree the rules together. (See the separate sample contract and change it to suit you and your child.)
4. Use a filtering program to restrict the content that your child accesses – such as sexually explicit, hate groups, graphic violence, criminal activity or inappropriate such as gambling, alcohol or drugs, e.g. www.netnanny.com/
5. Use time-limiting tools so that time on the computer doesn't take away from all your child's other activities such as www1.k9webprotection.com/
6. If you allow your child use social networking sites such as Bebo, MySpace and Facebook, educate your child about how to use them safely. For more information, see www.thinkuknow.co.uk/
7. Your child should be encouraged to use the Internet to help with schoolwork and, perhaps, discover resources for their hobbies, sports activities, and other interests, not just for games and social networking.
8. Together with your child, help them to understand that not everything they see on the Internet is true or valuable, and how to work out what is.
9. Reinforce to your child that they must always tell you or an adult if there is anything that makes them scared, uncomfortable or sad.
10. Research together or by yourself and teach them about how to report ("Report Abuse" button) on line through the Child Exploitation and Online Protection Centre (CEOP - www.ceop.gov.uk)