Internet Safety – Top tips for Parents
General

1. As soon as your child starts using the technology (mobile phone, computer, gaming, web cam etc) start learning and talking about e-safety together. Ask your child to show you what they already know.

2. As a parent, make a real effort to get computer literate to support and understand your child. You need to have a reasonable understanding of their world - trial the technologies before your child and come up with realistic ground rules. 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.

3. Get your child to show you what they're doing and you may see what some of the risks are and what you can personally do about them. The Child Exploitation and Online Protection Centre (CEOP) website can help you with this: www.thinkuknow.co.uk/parents

4. Set up different user accounts on home computers and laptops for every member of the family and activate parental controls on the child's accounts.   Ask retailers about this when you buy a new laptop or computer. They may be able to help you to set it up.

5. Explain parental controls and internet rules so that your child understands and respects them. Make internet safety another part of general safety.

6. Make sure you use a firewall, spam filter and security software that keeps an eye on you while you browse the web. Ask for information from retailers on parental control filters whenever you buy a new computer for family use.

7. Apply safe-search filtering to search engines (i.e.. Google, AOL, Yahoo) that your family regularly use. Use time-limiting software to ensure your child has time to spend in the real world. The retailer may be able to help with this, or download free software from www1.k9webprotection.com/

8. Talk to your child about the Child Exploitation and Online Protection Centre (CEOP - www.ceop.gov.uk) "Report Abuse" button – they can press that button to report any type of online abuse and it will be followed up by the police. This includes cyber- bullying, hacking, viruses, mobile problems, harmful content, and sexual behaviour.

9. Locate the computer in the kitchen or family room where usage may be supervised.

10. Know what your child is doing online and whom they are talking to. Keep an eye on your child's browsing history – not to censor or spy on them, but to keep them safe online.

e-safe
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