

# Internet Safety – Top tips for Parents

## Under 7's

1. Explore the Internet with your child. Learn together.
2. Choose child-friendly safe websites when they first start, e.g. [www.glubble.com/](http://www.glubble.com/)
3. As they get older, use pre-screened websites and child-safe search engines, e.g. [www.bbc.co.uk/cbeebies/](http://www.bbc.co.uk/cbeebies/)
4. Download Hector's World Safety Button ([www.thinkuknow.co.uk/5\\_7/hectorsworld/safetybutton.aspx](http://www.thinkuknow.co.uk/5_7/hectorsworld/safetybutton.aspx)), which your child can then click if they drift off to a site that's inappropriate and start panicking.
5. Know and ask about what your child is learning at school about e-safety and reinforce the messages. Talk to your child's teacher about what they are covering and how you can help. Attend any events organised by the school for parents in relation to e-safety.
6. Make a rule that your child always asks you if they are allowed to use the internet. 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.
7. Use time limiting software to ensure your child has time for other social outlets and activities, e.g free software such as k9: [www1.k9webprotection.com/](http://www1.k9webprotection.com/)
8. Make sure your child understands that they do not tell anyone they don't know in the real world their name, address or which school they go to. Ensure your child does not send any pictures to strangers as they may not be who they say they are.
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 for yourself, and teach them about how to report abuse ("Report Abuse" button) on line through the Child Exploitation and Online Protection Centre (CEOP - [www.ceop.gov.uk](http://www.ceop.gov.uk) )