

## Online Safety Checklist for Parents and Carers

I have asked my child to show me sites they use

I know where to get help if I'm concerned about my child

I have set appropriate parental controls on my child's computer, mobile and games console

I have asked my child to set their profile settings to private

My child has agreed to tell me if they are worried about something online.

# Online Safety



## Guide for Parents and Carers

This booklet is a guide to children's online safety for parents with handy tips and issues to discuss with your child. E-safety is an integral part of children's education in today's digital world and is embedded in their learning at school. We also want to help our parents and children improve their own understanding of e-safety issues so they can learn to use the internet and all digital media in a safe and secure way.

## Handy Tips for Parents

- Technology is constantly changing and young people are continually learning – keep up to date on latest developments so you know about the risks.
- Online safety applies to all types of devices – PCs, laptops, tablets, smartphones, e-readers and online gaming.
- As technology become more portable, set guidelines for where your child could/should use their device.
- Treat online safety in the same way that you would treat offline safety, such as stranger danger, crossing the road, etc.
- Make sure you set up your internet security so children cannot access websites with adult and/or inappropriate content.
- Don't write anything online that you wouldn't say in person. Comments on social media and/or public web pages/forums could reflect badly on your child.
- Check out the Computing policies, particularly the Online Safety policy that can be found on the website.
- Cyber bullying should be treated in the same way as other forms of bullying.
- Be aware that 'sexting' increasingly involves younger children – some as young as 10.
- Try to establish a system which allows your child to talk to you about anything they feel uncomfortable about online.

## Things to discuss with your child/ children

- Where is it acceptable to use your portable device? Your house? School?
- Who should you talk to if you feel uncomfortable about something you have seen online? A parent? Teacher? Another adult?
- Keep password safe – don't write them down and change them regularly.
- What personal information is appropriate to post online?
- How do you report cyber bullying? Take a screen grab of any posts so these can be seen at a later date if needed.
- How do you know the people you are talking to online are who they say they are? What is the difference between a 'real life' friend and an 'online' friend?
- When is it sensible to meet up with online friends?

## Other sources of information

On our website you will be able to find links to internet sites that contain very useful information about different types of social media and how to keep children safe.