

7 steps to keep your child safe on the internet and social networks

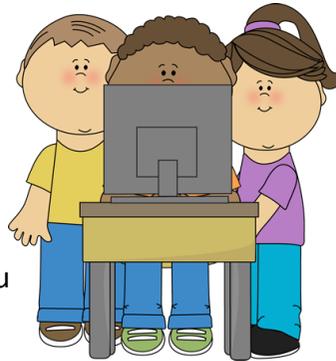
1. Talk to your child early and often

Children and young people spend an average of 12 hours a week online, therefore it is important to talk to your child about keeping safe online at an early age.

Do this often

2. Explore online together

Spend time with your child looking at the things they like to do online. This will give you a much better idea of what they are doing and will give you a way of supporting them.



3. Know who your child is

talking to online

Children don't think of people they have met online through social networking and online games as strangers, they are just online friends. So it's important to keep track of who your child is talking to.

Ask them questions like,

How do they choose who to become friends with online?

For further information please visit:

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

4. Agree and set rules and boundaries

- * The amount of time they spend online and when they can go online
- * The web site/activities they can take part in
- * Sharing images and videos
- * How to treat people on line and not to post anything they wouldn't say face to face

Gaming

Check the age rating before they play and make sure you know who they are playing with

Talk to them about what information is okay to share with other players

5. Make sure what your child is doing is age appropriate

Check web sites and social network and gaming sites to ensure they are suitable for your child and their age

6. Use parental controls

Internet service providers (ISPs) such as Virgin, sky, BT, provide controls to help you filter or restrict content.

Laptops, phones, tablets, games consoles and other devices that connect to the internet have settings to activate parental controls

7. Make sure the whole family know how to use privacy settings and reporting tools

- * How to avoid risk and stay safe on games
- * Location tracking on mobiles, smart phones, and tablets
- * Taking and sending pictures and public wifi