

# Safeguarding your child in the digital world

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# Screen time advice for parents

- Monitor your child's time online
- Establish rules/ limits
- Consider where your child is accessing the internet e.g. bedroom
- Have screen break before bedtime (1 hour)
- Parental role modelling
- Screen- free dinners
- Charging devices overnight out of the bedroom

# Inappropriate Websites

## What to do?

**It may be difficult, but talk to your child**

**...what might they stumble across?**

**...they should talk to you if something upsets them**

**...tell them that you are there to support them**

**Use Parental Controls but these alone are not a substitute for educating children**

# No filtering tool is 100% effective



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)



Devices



Entertainment



Gaming



Mobile

7

Protect

EMAIL ME THE STEPS



Click on each device and follow our simple step-by-step guide to ensure your family is fully protected.

Internetmatters.org



# Games – staying safe

**Know what games your child is playing.**

**Age and content appropriate games: PEGI rating.**

**Room / location environment: can you see what they are doing?**

**Monitoring and talking with your child about their ‘online’ friends.**

**Not sharing any personal info with people they play online game with.**

**Parental controls.**

**Not before bed (reduces quality of sleep)**

**Monitor time spent on games – addictive!**

# Online Grooming

## What to do?

### **Talk to your child**

- ..about how easy it is to lie online**
- ..about their online friends**
- ..about never meeting an online friend**
- ..about how to report inappropriate contact**
- ..about how you are there to support them**

### **Report inappropriate contact to CEOP**



# What constitutes cyberbullying?

- Posting lies or inappropriate things about others
- Impersonating someone online
- Spreading gossip online
- Using someone else's password
- Posting photos of someone else without consent
- 'Liking' a bullying comment
- Sharing a bullying text
- Insulting someone in an online game



# Videos to watch with your child



[Watch](#) Jigsaw

8-10 yr olds  
**JIGSAW**  
Search for 'CEOP Jigsaw'

4-7 yr olds  
**LEE AND KIM'S  
ADVENTURES**

Search for 'CEOP Lee and Kim'

[Watch](#) [Lee](#) and Kim



# Childnet

www.childnet.com



[Young people](#) [Teachers and Professionals](#) [Parents and Carers](#) [Press and Policy](#) [What we do](#) [Support Us](#)



## Parents and Carers

Welcome parents and carers! In this section you will find all the information you need to keep your child safe online. If you were looking for **Know IT All for Parents**, you have come to the right place.

[What do I need to know?](#)

[Need help?](#)

[Hot topics](#)

[Glossary](#)



[Home](#) [About](#) [Advice and resources](#) [Research](#) [Need help?](#) [Safer Internet Day](#) [Positive Content Com](#)

Hot topics...  
[Parental controls](#)  
[Gaming](#)

## Parents' Guide to Technology

In the parents' sessions we run in schools, we get a lot of questions about particular devices that children are using or asking for. This guide has been created to answer these questions and introduce some of the most popular devices, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly.

[Young people](#)

[Parents and carers](#)

[Parental controls](#)

[Parents' Guide to Technology](#)

[Smartphones](#)

[Gaming devices](#)

[Internet-enabled devices](#)

[Advice and resources](#)



# Some Key Advice for our Children

Be nice online

Keep personal details private

Think before you post, forward or send

Don't accept friends requests from strangers

Do not meet up with someone you've met online







Do not share passwords with others

Do not webcam with others unless you are 100% sure of who they are, and you trust them.

Tell a trusted adult if you are ever worried, frightened or scared

Know how to keep yourself safe

# A checklist for you

-  **Ask your child to show you the sites they like to use**
-  **Sit with your child to check and manage their privacy settings**
-  **Know who your child talks to online**
-  **Set rules and agree boundaries**
-  **Monitor the games your child plays and check age appropriateness**
-  **Ask your child to tell you if they are worried about something online**