

## Zip

- Don't speak to strangers.
- Only connect with people you know in real life.
- Not sharing private information *i.e.* address, passwords, names
- Be kind to people you know.
- Treat other how you want to be treated.
- Keep your password safe.

## Block

- Block and report strangers.
- Don't open messages from addresses you don't know
- Walk away from people being unkind.
- Think before you click.

## Flag

- Report anything hurtful or negative.
- Talk to a trusted adult if anything worries you.

## Talk

- Establish house rules for all to follow.
- Chat about what your children like to do online.
- Talk about apps, what age they are for and your concerns
- Open, calm channels of communication, the car is a good place to start.
- Talk to other parents.

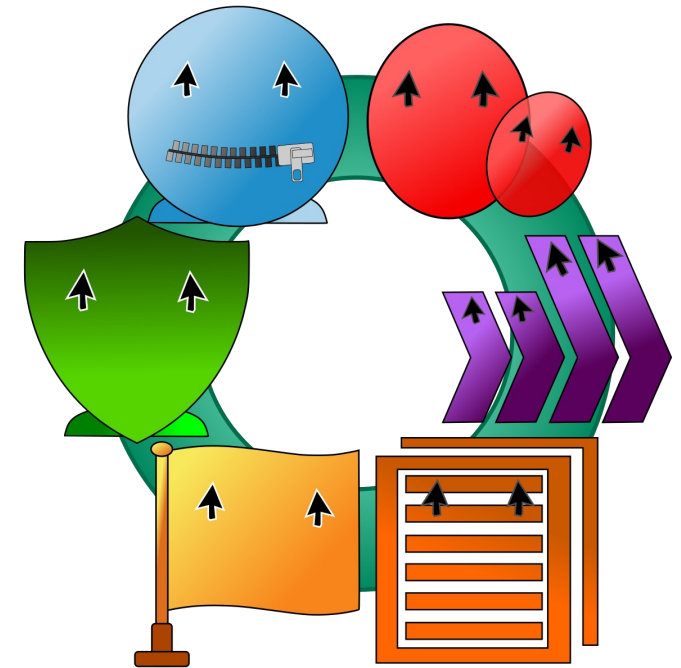
## Guide

- Install and regularly check parental controls on all devices.
- Check the PEGI age rating of apps, be informed.
- Control downloads and in app purchases
- Discuss and check together.
- Keep devices out of bedrooms.

## Model

- Keep your password to yourself.
- Be mindful of screen time.
- Explore together to show understanding.
- Ask consent, teach children they have control of their digital foot print.
- Don't over share your life, a private group is safer than social media.

# Online Safety Parent Guide



A quick guide on how to keep children safe online.

# Year 2

## App and Set up advice

### Parent Zone

Guides to latest apps and news on the latest worrying trends.

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



### Internet Matters

'How to Guides' for researching apps and any safety concerns. Conversation starters about online activity.

[www.internetmatters.org](http://www.internetmatters.org)

### Common Sense Media

Guides on popular App positives and negatives, age guidance on apps.

[www.common sense media.org](http://www.common sense media.org)



## Reporting

Talk to any member of staff if you have any concerns or would like some advice.



[ceop.police.uk](http://ceop.police.uk)



[REPORTHARMFULCONTENT.COM](http://REPORTHARMFULCONTENT.COM)

## Main concerns

Like crossing a busy road, there is always a risk to using online devices.

### 1 - Inappropriate content

This may be violence, adult language or adult images. Children are often not aware of how inappropriate content may be, they may find it funny but it can lead to them seeking more concerning content as they become desensitised.

### 2 - Inappropriate conduct

As children become more interested in connecting with friends, its important we maintain a rule of only talking to people we know in real life. Children are likely to make mistakes and being able to discuss with school or other parents means we can guide children to make better choices. Remember to take screenshots of messages as evidence.

### 3 – Inappropriate contact

Blocking chat features and messages from unknown contacts will reduce the risk of strangers contacting your children. Those seeking to connect with children are very clever in their methods so it is important to continue to be vigilant.

### 4 – Roblox

A very concerning app, not only from an inappropriate contact point of view but a huge range of the games are adult horror and sexualised activity based. Although, the system has a PEGI 7 rating and has been adding parental controls, there is still risk.

## 1 - Broadband controls

Use Internet Matters guides to set up parental controls on your broadband router. You can tailor which websites and services each device can access. Take the opportunity to set your own router password to prevent unwanted tampering.

## 2 – Device Set-up

Set up parental controls on devices before giving them to children, devices have different options so check Internet Matters for a set up guide. You may need to set up an admin profile to control settings or link your child's account to your own. Remember it is easier to remove setting than adjust so do take the opportunity to set available options.

## 3 - Set boundaries

Set and agree your house rules, including screen time allowance, the apps allowed or suitable channels to watch. Consider how new apps are decided on and what happens if rules aren't followed. Decide what rules need to be followed when away from the home. Be mindful that children will be aware of your own device usage.

## 4 – Still together

Although children are going to be more interested in exploring on their own, it's important we have some co-exploring time and chat about things online. Stand by the rule of devices only being used in communal areas with screens visible to adults, so you can be ready to support.