

## 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

- Take a screen shot of messages first.
- 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 to an adult about anything that makes you uncomfortable.

## 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.

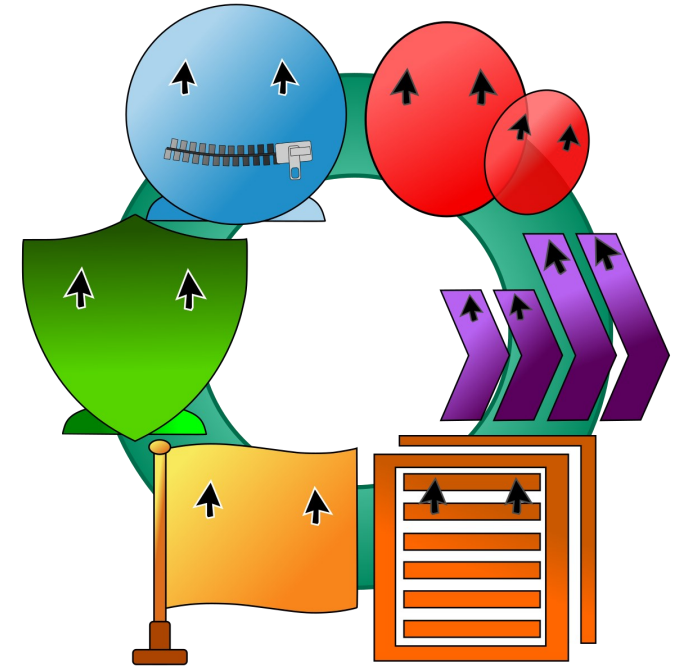
## Guide

- 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.
- Explore together to show understanding.
- Ask consent, teach children they have control of their digital foot print.
- Think carefully about how much you share and to who. Things don't easily disappear online and can cause damage later

# Online Safety Parent Guide



A quick guide on how to keep children safe online.

# Year 6

## 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 any advice.



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



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

## - Talking

Keeping up our chatting will keep calm, open channels of communication and aid us to spot any uncharacteristic behaviour. Chatting allows us to model being kind and keeping things positive online whilst gently reinforcing our rules of only talking to others we know in person. We can start to be quite frank about the dangers our children face.

## - Social Media

Social Media is not something to rush into. In the short term, it can have an impact on mental health from peer pressure, bullying and false information. Likewise, over sharing of information, exposure to inappropriate content such as gang glamorising, obscene language and sexualised dancing can impact lives for years to come. The legal minimum age for most sites is 13 years old, parents of anyone underage can be legally responsible for their actions.

If you do decide to allow your children on to social media, please ensure –

- Accounts are set to private and selected usernames don't give away private information.
- Location settings are switched off and friends list are checked regularly.
- Videos and photos shared aren't taken in private spaces i.e. bedroom and backgrounds are checked for identity clues.
- When possible, accounts are linked to your own.
- Be honest about the dangers, children filming on their own away from family are targets.

## 1 - Broadband controls

Use Internet Matters guides to set up parental controls on your broadband router. Decide which websites and services each device can access. Set a strong router password.

## 2 – Device Set-up

Set up parental controls before giving devices to children, check Internet Matters for a set up guide. Use all the settings available, reducing the restrictions if appropriate. There may be times of frustration but stick by them.

## 3 - Agree boundaries

Agree your boundaries, such as screen time allowance, devices only used in communal areas and how new apps are to be decided on. Agree on shared access to an email address and what accounts children may use. Decide what happens if rules aren't followed. Remember to regularly check these are being followed and parental settings are maintained.

## 4 – Choosing apps

It is important you still keep control and make informed decisions using app guides. Like film certificates, PEGI reviews games for adult themes such as sex, violence and gambling content to give minimum age ratings. Stand by your decisions and discuss them with other parents. Following PEGI ratings will help prevent children being exposed to harmful content and desensitisation.