Online Safety Parent Guide

A quick guide on how to keep children safe online.

Year 3

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

- 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.
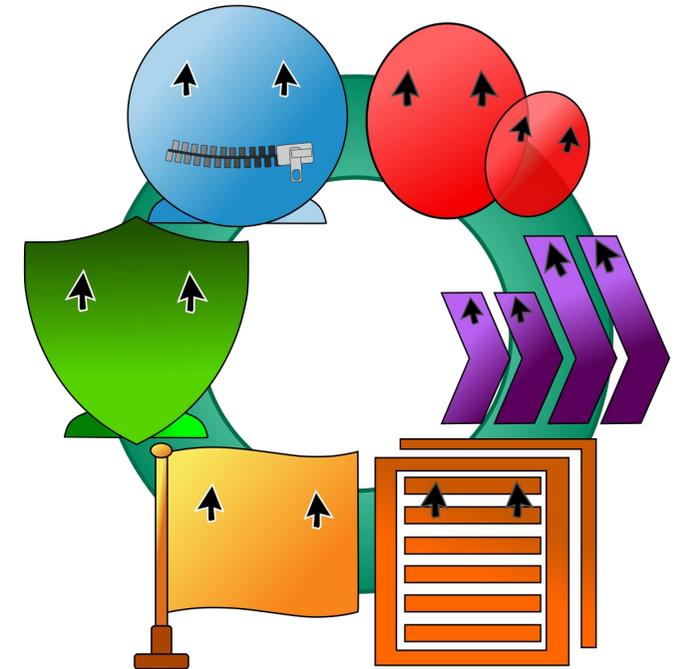- Talk to other parents.

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

App and Set up advice

Parent Zone

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

www.parentzone.org.uk

Internet Matters

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

www.internetmatters.org

Common Sense Media

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

www.commonsensemedia.org

Reporting

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

REPORT ABUSE
ceop.police.uk

REPORT HARMFUL CONTENT
REPORTHARMFULCONTENT.COM

Main concerns

1 – PEGI Rating

Like film certificates, PEGI reviews games for adult themes such as sex, violence and gambling content to give minimum age ratings. Following PEGI rating will help prevent children being exposed to harmful content and desensitisation.

2 - 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.

3 - TikTok

We are seeing increasingly younger children using this dance sharing app. However, the app is not safe for a young audience. There is possible exposure to inappropriate content such as gang glamorising, obscene language and sexualised dancing. Exposing children to these themes normalises this behaviour and they are likely to copy behaviour they have seen. There is also concern of contact from strangers, possibly for bullying or grooming.

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. Remember it is easier to reduce the settings than increase them so do take the opportunity to set available options.

3 - Set boundaries

Set and agree your house rules, including screen time allowance, devices used in communal areas and how new apps are to be decided on. Also detail what happens if rules aren't followed. Remember devices shouldn't be used at least 2 hours before bed or kept in bedrooms to stop sleep disruption.

4 – Choosing apps

As children are becoming more interested in the online world and new apps, it is important you still keep control and make informed decisions to allow them to explore safely. Stand by your decisions and discuss them with other parents. Though lots of fun and safe apps are aimed at children, apps are aimed at adults and sadly too many become popular with younger children without protection.