

## Zip

- Don't speak to strangers.
- Keep your private information to yourself.
- Be kind to people you know.
- Treat other how you want to be treated.
- Keep your password safe.

## Block

- Block and report strangers.
- Walk away from people being unkind.
- Think before you click.

## Flag

- 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.

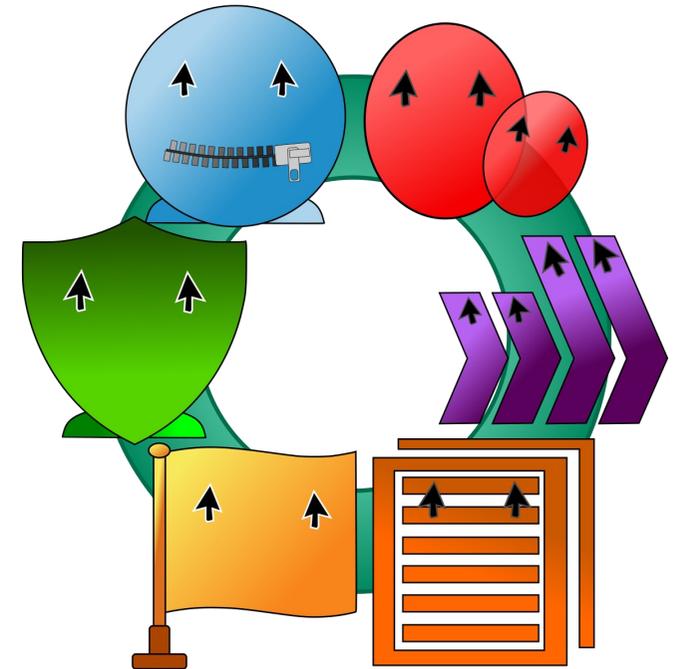
## Guide

- 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 1

## 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.commonsensemedia.org](http://www.commonsensemedia.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)

## Own devices

### 1 - Broadband controls

Use Internet Matters guides to set up parental controls on your broadband router. You can set time devices are allowed to access the internet and the websites they can access. Take the opportunity to set your own password.

### 2 - Parental controls

Set up parental controls on devices before giving them to children. Setting a password to control app downloads and in-app purchases. Also setting app permissions and screen time allowance.

## Main concerns

### 1 - Passwords

Keep passwords to yourself, change them should your child become aware of them.

### 2 - Inappropriate content

This maybe cartoon violence, adult language or adult images.

### 2 - Inappropriate contact

One off or prolonged contact from strangers, either to bully or abuse.

### 3 - Apps

All social media, Roblox, Fortnite, Youtube, Netflix,

## All devices

### 1 - Set boundaries

Set and agree your house rules, including screen time allowance, the apps allowed or suitable channels to watch. Devices should only be used in communal areas with supervision. Also consider how new apps are decided on and what happens if rules aren't followed.

### 2 - Explore together

Exploring together should still be the norm for our children to explore the online world. Although we may be giving children more control, it's important we model discussing the choices we make before clicking.

### 3 - Research

Before allowing children to play new apps or watch new channels, take time to research them for yourself and check you are happy with their suitability. Be aware that exposure to even mild adult themes can have an impact. Likewise, social media has an age rating of 13 for a reason.

### 4 - Use airplane mode

Use airplane mode on you own devices if your child is using them so they can't accidentally click on anything inappropriate or unprotected. This means your device can be safe for your children to use when needed.