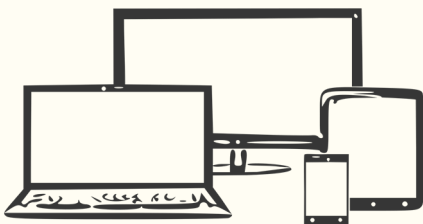


**Balksbury  
Federation**

**Parent  
ESafety**

**Advice and  
support for  
families  
2023**



## Staying Safe Online

The most effective ways to keep a child safe online are to:

#1

**Set parental controls** on your child's devices and apps.

#2

**Know the age ratings** for the games and apps your child is using.

#3

Ensure you have your child's **passwords** and pins for devices and apps.

#4

**Show interest** in the apps they are using and how they work.

#5

**Talk to your child** about what is going on online and who they are talking to.

#6

**Model** responsible social media behaviour yourself.

#7

**Listen to your child** if they seem worried about anything they have seen or experienced online.

#8

**Report** any concerns or seek further help - see links on the right

## Further sources of support



<https://www.internetmatters.org/>



<https://www.thinkuknow.co.uk/parents/>



<https://www.childnet.com/parents-and-carers/>



<https://nationalonlinesafety.com/>



<https://saferinternet.org.uk/>

# Online safety tips for parents of under 5 year olds

## Explore together

- Talk to your child about the internet
- Explore the internet together
- Show them the fun and educational things they can do

## Be in control

- Set parental controls on your home broadband
- Set parental controls on your devices
- Set parental controls on the apps and games your child uses
- Have conversations with your child about keeping personal information private

## Set boundaries

- Set rules and boundaries about how your child uses technology - it's never too early
- Set rules about which sites, apps and games they can use
- Set time limits on how long they can spend on them

## Get involved

- Encourage your child to use the device in the same room as you so that you can keep an eye on what they are doing
- Ask your child what they are playing/doing

## Use age appropriate sites, apps and games

- Choose safe, fun and educational sites, apps and games
- Use the age ratings to check suitability

## Reassure and report

- Encourage your child to talk to you if they see anything upsetting
- Report anything you are concerned about

## Use passwords

- Set passwords on your devices
- Use passwords to make sure your child does not make additional purchases when on a site or app
- Do not share your passwords



# Online safety tips for parents of 6-10 year olds

## Teach

- Talk to your child about being a good friend online
- Teach your child to think before they click on attachments and pop-ups to avoid viruses
- Talk to them about online stranger danger

## Set boundaries

- Set rules and boundaries about how your child uses technology
- Set rules about which sites, apps and games they can use
- Set time limits on how long they can spend on them

## Use age appropriate sites, apps and games

- Ensure your child is using age appropriate sites, apps and games
- Use the age ratings to check suitability

## Reassure and report

- Encourage your child to talk to you if they see anything upsetting
- Report anything you are concerned about

## Be in control

- Set parental controls on your home broadband
- Set parental controls on your devices
- Set parental controls on the apps and games your child uses
- Make sure your child knows not to share personal information like their address or phone number
- Use privacy settings to keep information private - remember the default setting is usually public

## Get involved

- Encourage your child to use the device in the same room as you so that you can keep an eye on what they are doing
- Ask your child what they are playing/doing
- Encourage your child to only talk to people they know when online

## Use passwords

- Set passwords on your devices
- Use passwords to make sure your child does not make additional purchases when on a site or app
- Do not share your passwords
- Know your child's passwords



# Online safety tips for parents of 11-13 year olds

## Teach

- Talk to your child about being a good friend online
- Ensure your child thinks before they click on attachments and pop-ups to avoid viruses
- Talk to them about not arranging to meet people they have not met in real life and only talked to online
- Make sure they know not to post things online that they wouldn't want you to see
- Explain to your child that if they are talked into bullying someone online or sending inappropriate images, it may be reported to the school or even the police

## Share control

- Set parental controls on your home broadband
- Set parental controls on your devices
- Set parental controls on the apps and games your child uses
- Make sure your child knows not to share personal information like their address or phone number and if they need to give this information, to check with you first
- Show them how to use privacy settings to keep information private - remember the default setting is usually public

## Use age appropriate sites, apps and games

- Ensure your child is using age appropriate sites, apps and games
- Use the age ratings to check suitability

## Set boundaries

- Set rules and boundaries about how your child uses technology
- Set rules about which sites, apps and games they can use
- Set time limits on how long they can spend on them

## Reassure and report

- Make sure your child knows they can come to you if they see anything upsetting
- Make sure they know how to report anything that worries them



## Use passwords

- Set passwords on your devices
- Use passwords to make sure your child does not make additional purchases when on a site or app
- Do not share your passwords
- Know your child's passwords

# Online safety tips for parents of 14+ year olds

## Teach

- Talk to your child about being a good friend online
- Ensure your child thinks before they click on attachments and pop-ups to avoid viruses
- Talk to them about not arranging to meet people they have not met in real life and only talked to online - some people may not be who they say they are
- Teach them to respect others online and think about comments before they post them. Discuss how easily comments made online can be misinterpreted
- Explain to your child that if they are talked into bullying someone online or sending inappropriate images, it may be reported to the school or even the police

## Share control

- Set parental controls on your home broadband
- Set parental controls on your devices
- Set parental controls on the apps and games your child uses
- Make sure your child knows not to share personal information like their address or phone number and if they need to give this information, to check with you first
- Show them how to use privacy settings to keep information private - remember the default setting is usually public

## Talk to them

- Tell your child you trust them to do the right thing
- Talk to them about how much time they spend online

## Reassure and report

- Make sure your child knows they can come to you if they see anything upsetting
- Make sure they know how to report anything that worries them
- Make sure they know how to block abusive comments



## Use age appropriate sites, apps and games

- Ensure your child is using age appropriate sites, apps and games
- Use the age ratings to check suitability

## Use passwords

- Know your child's passwords