

Useful links

- Vodafone Digital Parenting: www.vodafone.com/parents
- Parents in the Digital Age: <http://www.pitda.co.uk/>
- The Parent Zone: <http://www.theparentzone.co.uk/parent>
- Get Safe Online: www.getsafeonline.org
- Internet matters: www.internetmatters.org
- Childnet International: www.childnet.com
- Parental controls: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>
- ParentPort: www.parentport.org.uk
- Child Exploitation & Online Protection Centre: www.ceop.police.uk
- ThinkuKnow: www.thinkuknow.co.uk/parents
- UK Safer Internet Centre: www.saferinternet.org.uk
- BBC Webwise: <http://www.bbc.co.uk/webwise/0/>

Parental Control:

Digital Literacy for Parents/Carers

Short courses for parents/carers hosted by school with training provided by ICTinspires

Safe internet searching:

e.g. Google Safe search and lock/YouTube filter: www.google.co.uk/familysafety

Set up filtered searching on all devices in the home: <http://www.opendns.com/parental-controls>

Consider purchasing Net Nanny or similar: <http://www.netnanny.com>

Limit computer access

Search for **Windows Parental Controls** (In Windows 7 you can set limits on your child's computer use—and help them be safer online—without constantly peeking over their shoulders).

Facebook

Search for **Family Safety Centre** - learn how to adjust settings.

A parent guide to facebook: <http://www.connectsafely.org/pdfs/fbparents.pdf>

Mobile phones and Game consoles:

Search for 'parental controls' for the device name within Google.

Top Tips for parents:

1. Be involved in your child's online life.
2. Keep up-to-date with your child's development online
3. Set boundaries in the online world just as you would in the real world.
4. Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.
5. Emphasise that not everyone is who they say they are.
6. Know what connects to the internet and how
7. Watch Thinkuknow films to learn more: <https://www.thinkuknow.co.uk/parents>
8. Get the computer out of the bedroom!

Key Messages to share with your child

- Never share anything with anyone they wouldn't want you or their teacher to see. **THINK BEFORE YOU POST**
- Make sure they know who to talk to if they feel uncomfortable, upset or worried
- If they are not sure **CHECK** with you
- Never communicate online with anyone they don't know **AND TRUST** in the real world
- Keep personal information private
- Don't send anything to anyone you wouldn't want to receive yourself and don't share other people's content.

Things to consider:

Content

- be careful which sites the rest of the family visit
- tell your child(ren) not to fill out online forms without your permission (and why!)
- talk to your child(ren) about validity of sites when researching – anyone can create a website

Social networking/chat rooms/Gaming

- talk to your child(ren) about digital privacy
- talk to your child(ren) about 'friends' – someone they 'meet online' is NOT a friend
- decide what **PEGI rating games** you will allow them to play and be aware that extreme gaming may be a safeguarding issue (e.g. 16+, 18+ games)

Cyberbullying

- talk to your children about **cyberbullying and cyberbullies**
- teach them how to report the cyberbullying to the school, service provider or police and what evidence is helpful

Mobile devices - know how your child's **phone, tablet** or **gaming device** works

- Does it have GPS tagging to photos?
- Does it have parental controls (e.g. can you block them from uploading images if necessary)?
- Does it access the internet? Can it upload images?

Resilience

- encourage and enable your child(ren) to make good choices
- demonstrate your own knowledge and understanding of the world
- get involved
- make sure they know what to do and who to go to if they need help

Online/Offline

- help your child(ren) to understand that these worlds are not so different – rules that apply offline in the real world apply to the online world too

Moderation

- help your child(ren) to understand why they should switch off occasionally (and definitely at least 30 minutes before bed)