

E-safety Tips for Parents and Carers

- Don't step back from monitoring your children's internet use
- Set boundaries and rules from a young age and adjust these as children grow
- Try not to over-react or 'snoop' – it encourages secrecy
- Consider placing fixed or laptop devices in a common family room/area
- Join in with your children and get them to teach you
- Engage children in frequent friendly conversations about technology and safety
- Use tools like parental controls, privacy settings, search engine filters but don't totally rely on them
- Set time limits and try not to use technology as a child minder
- Take note of the age ratings on games
- Talk about age ratings on apps and the problem of hidden costs
- Consider using parental controls on handsets to block app downloads
- Discuss appropriate online friends and the risk of grooming and fake identities
- Try to be someone who your child will come to with their worries and concerns
- Talk about difficult subjects like sexual grooming, bullying, pornography when the time is right for each child
- Talk about "sexting" in a general discussion about relationships and sex
- Be aware of location features and talk to children about the risks
- Find and understand the reporting tools on eg facebook, twitter, youtube, xbox

Filtering and Controls

- Check with your internet service provider (eg BT, Sky, Virgin Media, TalkTalk)
- Vodafone Guardian App (Android)
- Facebook privacy settings
- Google safesearch
- Youtube safety mode
- Xbox parental controls
- Windows 7 parental controls and filtering (Windows Live Family Safety)

Further Advice and Resources

- Digital Parenting Magazine (Vodafone)
- www.beyondbullying.com
- www.thinkuknow.co.uk CEOP e-safety site
- CEOP films – Jigsaw, Consequences, Exposed
- www.theparentzone.co.uk
- www.getsafeonline.org

