Useful links

- Vodafone Digital Parenting: www.vodafone.com/parents
- Parents in the Digital Age: http://www.pitda.co.uk/
- Child Exploitation & Online Protection Centre: www.ceop.police.uk
- The Parent Zone: http://www.theparentzone.co.uk/parent
- Parent Info: http://parentinfo.org/
- 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
- ThinkuKnow: www.thinkuknow.co.uk/parents
- UK Safer Internet Centre: www.saferinternet.org.uk
- Connect Safely: http://www.connectsafely.org/safety-tips-advice/
- BBC Webwise: http://www.bbc.co.uk/webwise/0/

More parental support:

Safe internet searching:
e.g. Google Safe search and lock/YouTube filter: www.**google**.co.uk/familysafety
BT, Sky, Virgin Media and TalkTalk – free protection
Set up filtered searching on all devices in the home*:* http://www.opendns.com/parental-controls
Or Qustodio: https://www.qustodio.com/en/
or 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 not to fill out online forms
- Talk to your children 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 phone: Know how your child's **phone** 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)