

SOCIAL NETWORKING

- Security settings need to be set to “Friends only”, that includes - comments, posts and photos.
- These “**Friends**” need to be people they know and trust in the real world.
- **Content** - Only post content and photos they wouldn't mind showing you!
- Try your very best to be “Friends” with your child on Facebook.
- Learn how to report an issue directly to Facebook.
- Help set up their profile.
- Add your email as the main contact (if possible).
- Set the privacy settings to “friends” only and ensure they are children you know.
- Show them a CEOP safety resource which outlines the risks (www.youtube.co.uk/ceop/jigsaw).
- ‘Like’ the Click CEOP page.
- Check in and keep updated.

GAMING

- Leave all gaming devices in a family space
- Open up communication - talk to your child about the sites they are using and why they like them.
- Explain that people lie online and they are not always who they say they are.
- Explain that people can be mean online and don't always have their best interests at heart.
- Ask them to never give out personal information.
- Set parental controls.
- Set time limits on how long they can game for. Allow time for non-technology based activities and allow an hour ‘screen free’ time before bed.

ONLINE BEHAVIOUR

- Ask your child to never accept people they don't know and trust in the real world.
- Inform them that giving out personal information can be dangerous. They need to treat personal information such as the school they go to or their location like their tooth brush and not share it with anyone!
- Ask them not to webcam with people they do not know from the real world and turn the webcam off after use!
- Teach them how to report a problem and delete people that make them feel uncomfortable.

MOBILE PHONES

- Is my child **old enough** to have a mobile phone? Set boundaries.
- Before buying your child a mobile, find out what **functions** it has – Internet, private messaging, built in applications.
- Set **parental controls** where required.
- Set **mobile rules** - no mobile phone in the bedroom at night, mobile free time before bed, no use after lights out.

ACCESSING NEW SITES OR NEW TECHNOLOGY

- **What can you do?** - Functions of the site or technologies
- Is there any **parental information** available?
- How do you **report** a problem?
- Can the account/profile be made **private**?
- Does it have any **parental controls**?

PARENTAL CONTROLS

- Block sites that are not age appropriate
- limit inappropriate and illegal material
- Set timings – automatic switch off at bedtime
- Monitor activity

CHECKLIST

- I have asked my child to show me sites they use.
- I have asked my child to set the security settings on all the technologies they use.
- I have asked my child to only accept people they know and trust in the real world as online “Friends”.
- I have set safe settings on our computer/laptop and set adult content filters on my child’s smart phone.
- My child has agreed to tell me if they are worried about something online.

For more information: www.thinkuknow.co.uk/parents