

Parents & Carers: Information & Online Resources

Where can I get Online safety advice?



Childnet Hot Topics - A collection of advice covering topics including screen time, parental controls - www.childnet.com/parents-hot-topics



UK Safer Internet Centre advice hub - tailored advice for foster carers & adoptive parents and more - www.saferinternet.org.uk/advice-centre



Tackling Difficult Conversations - Advice and resources on how to talk to young people about online safety - www.childnet.com/have-a-conversation



Digital Parenting - A free online magazine offering information and advice on online issues- www.vodafone.com/content/parents



Ask About Games - Specific advice and online guides about gaming and PEGI age ratings - www.askaboutgames.com



Phone Brain - information about paid for services such as premium rate numbers and in app purchases - www.phonebrain.org.uk



Get it right from a genuine site - get to know which sites are legal for steaming and downloading films, music and games - www.phonebrain.org.uk

Parents and Carers Hubs



The Parents and carers pages offer key advice on a range of online risks and details on how to report online content - www.childnet.com



The parents and carers pages offer an advice centre with detailed support for parents and carers- www.safeinternet.org.uk

Where can I get more support ?

NSPCC

NSPCC - Providing help and support for adults who are concerned about the safety or wellbeing of a child - [0808 800 5000](tel:08088005000)

O₂ ☺ NSPCC

Let's keep kids safe online

O2 & NSPCC - Providing help and support with social media, setting up parental controls and privacy settings - [0808 800 5002](tel:08088005002)

YOUNGMINDS

Fighting for young people's mental health

Young Minds - Providing help and support with young people's mental health and wellbeing
[0808 8025544](tel:08088025544) - youngminds.org.uk

ChildLine
[0800 1111](tel:08001111)

Childline - providing help and support for under 18's - [0808 802 5544](tel:08088025544) - www.childline.org.uk

THE MIX

The Mix - providing help and support for 13-25 year olds - [0808 808 4994](tel:08088084994) - www.themix.org.uk

Where can I go to get up to date ?

Online Resources

Social Media

NetAware - online guide and app with advice on popular online games and apps - www.net-aware.org.uk

Common Sense Media - Online advice and reviews for games, apps, films, books etc - www.commonsensemedia.org

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www.childnet.com

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Where Can I get step by step guides and checklists

A Parents' Guide to Technology

www.saferinternet.org.uk/parent-tech

A set of guides highlighting safety tools on popular devices like games consoles, phone, smart TVs and tablets.



Internet Matters

www.internetmatter.org

Step by step guides that will help you put in place parental controls on your broadband, phone networks and entertainment services.



Childnet Family Agreement

www.childnet.com/family-agreement

The Childnet Family Agreement provides a framework for setting out expectations of online behaviour and usage.

Safety tool on social networks & other online services

www.saferinternet.org.uk/safety-tools

Find out more about the safety features available on popular social networks and apps, like Youtube and WhatsApp.



Social networking matters

www.saferinternet.org.uk/checklists

A set of guides to help you use safety and privacy features of popular social networking sites like facebook, snapchat, instagram and twitter.

How to restrict in-app purchases

www.childnet.com/restrict-in-app-purchases

Find out how to restrict in-app purchases within app stores like the apple app store and google play store.



6 Top tips for supporting your child online

1 - Have a conversation and get to know what your child likes to do online and how going online makes them feel .

Visit www.childnet.com/prents-and-carers for conversation starters.

2 - Establish boundaries and routines for the whole family when using technology and going online. This could include where devices are kept overnight, when and for how long they are used.

3 - Be clear on strategies your children use if something worries or upsets them online. This could be how to get support, who to talk to or turning over the device and get help

4 - Get to know the safety features on devices in your home. There are features on devices, wifi, phone network, and entertainment services.

5 - Be Curious not Furious. It can be really worrying if your child sees something unexpected or inappropriate online but try to remain calm whilst supporting your child. This reaction will help them feel that they can come to you again

6 - Keep the conversation going. It's important to keep talking about online safety. Find quiet moments together or use current news stories as a way of approaching the subject again.

Where do I go to make a report



Child Exploitation and Online Protection Command (CEOP) -

A police agency tackling child abuse online, where you can report any concerns about the behaviour of someone online towards a child. www.ceop.police.uk



CEOP's Think you Know website has information and resources for children and parents as well as a link to report any concerns. www.thinkuknow.co.uk



Childnet's How to Make a Report - reporting advice of where and how to make a report on popular games, social networks and video platforms. www.childnet.com/how-to-make-a-report

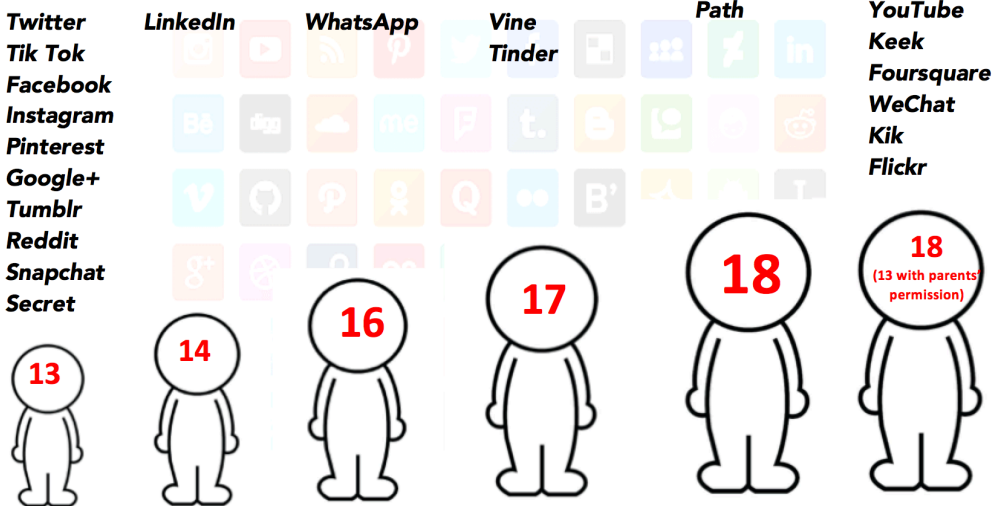
Social Media Advise

As your child approaches the teenage years you may find yourself under increasing pressure to allow him/her access to social media sites such as Facebook, Snapchat and no doubt you will be told “Everyone else is using them.” “It’s not fair, other parents don’t mind.” etc. This is not true. The pressure is likely to be strong and persistent but our advice is RESIST and be STRONG right from Year 7.

The following web site has good advice and may help parents with managing their child’s use of Social Media: <https://www.common sense media.org/social-media>

There are very clear legal age restrictions on the use of Social Media and these are represented below. These are not merely guidelines, therefore a child will have to lie about his/her age to register for one of these platforms.

Age Restrictions for Social Media Platforms



In school we manage this area by blocking all Social Media sites on our network. Also no pupils have permission to have a mobile device switched on during school hours. We do not, of course, monitor or manage the use of Social Media out of school as this is the responsibility of parents.

Some good advice is:

- Do not allow your child unrestricted access to the internet; it is your right to monitor what they are seeing - remember that you own the device and the internet access!
- Ensure that you know your child’s passwords.
- Do not allow your child to have a device with access to the internet in their bedroom overnight (one successful approach is to make night time “charging time” when all devices are plugged in downstairs).
- If you see materials messages with which you are unhappy report this to the appropriate authorities; do *NOT* respond yourself to other children or their parents on your child’s behalf.
- Eat Together and no screens at meal times