

E-safety tips for Parents of Pre-School Children

81%

of mothers have
uploaded an
image of their
child under 2 to
social media sites

Checklist

Parental controls

Make use of the parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

Search engines

Use safe search engines such as swiggle.org or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

Setting rules

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Keep your computer in a communal area, keep other devices out of reach and use passwords so they can't go online without asking you first.

Zero to eight: Young children and their internet use
-- EU Kids Online (August 2013)

✓ Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites you've chosen. Explore these different sites together.

✓ Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. You can choose safe, fun and educational games free of charge from providers such as Fisher Price or about their favourite characters like Peppa Pig.

Children can now have a digital footprint before they learn to speak and often before they're even born.

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online as they grow up – with information, advice and support on all the big e-safety issues.

internet
matters.org

E-safety tips for Parents of Primary School Children

79% of 7-11 year-olds
said they would tell
their parent or carer
if something worried
them online.

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Childnet, Have your Say (2013)

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Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

✓ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Put the family computer in a communal area so you can see what sites they're visiting and share with them.

✓ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Know this stuff matters,
but don't know where to turn?

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Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content

Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are



Deal with it:

You can find out where to get help and advice on the **Take Action** page of internetmatters.org, where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at internetmatters.org/ageguide10-13

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matters.org**