



#internetsafety  
#publichealth5-19service



# INTERNET SAFETY FACTSHEET

This factsheet will provide you some helpful tips on keeping your child safe online as well as some links to lots of very useful websites.

## TOP TIPS ABOUT INTERNET SAFETY:

The internet is a public and open place where anybody can post and share information. Children and young people spend a lot of time online – it can be a great way for them to socialise, explore and have fun. But children do also face risks like cyberbullying or seeing something that is intended for adults which might confuse or upset them. The Top Tips below and list of websites can help you protect your child and family.

Tip 1: **Talk to them.** Have a conversation with your child about what they might see online and explain, especially to younger children, what is meant by 'inappropriate,' using language they will understand

Tip 2: **Parent safety net!** Make sure they know that whatever they have seen, if it upsets, shocks or raises questions, that they can always come to you and they won't be in trouble.

Tip 3: **Family Agreement/House Rules** Decide on some ground rules/ boundaries as a family:

- Negotiate the amount of time they spend online or gaming.
- The websites they can visit or activities they can take part in.
- Sharing images and videos.
- How to treat people online and not to post anything they wouldn't say face-to-face. Learning how to communicate with people face to face is most important for young children.

Tip 4: **Turn it off!** Ensure the whole family has some 'off-screen' time especially at meal times!

Tip 5: **Ask questions.** Encourage your child to show you their favourite activities online and show an interest in what they do just like you would offline. This will give you a much better idea of what they are getting up to.

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Tip 6: **Bedrooms are for sleeping.** Avoid having computers, phones and game stations in the bedrooms. Keep the family computer in an open visible place in the house so that online activity can be shared and discussed.

Tip 7: **Online friends.** Keep track of who your child is talking to online. Children may not think of people online as strangers so explain to your child that it's easy for people to lie about themselves like their age, for example, because they never meet them face to face.  
**Internet chat rooms and social networking are not suitable for young children.**

Tip 8: **Set parental controls.** This will stop your child seeing unsuitable or harmful content. This can usually be done through your internet provider and is easier than you think!  
Remember that their friends may not have parental controls in place so you will still need to have a conversation with your child about staying safe.

Tip 9: **Set the search engine.** Google, Bing etc can be set to a safe mode that will block any obvious adult content from the search results.

Tip 10: **Age appropriate.** Online games, movies and website will all have an age rating or minimum age to sign up. Age limits are there to keep children safe so never feel pressured into letting your child sign up or use websites that you feel they are too young for.

**You Tube is particularly popular with primary aged children** but think about the range of content they can be exposed to. Distressing news stories and other adult content will often appear on YouTube so don't use YouTube as a TV. It is all too easy for children to click on related videos and end up watching something more adult so make sure you supervise your child using it. It is also advisable that you set YouTube search to 'safe mode'.

## VISIT THESE USEFUL WEBSITES

[Digital 5 A Day | Children's Commissioner for England](#)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.kidpower.org](http://www.kidpower.org)

[www.iwf.org.uk](http://www.iwf.org.uk) ( Internet Watch Foundation)

[www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)

[www.parentzone.org.uk](http://www.parentzone.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## MOBILE PHONE APPs

Flipd

Glued

NHS Go

Most WiFi networks will now incorporate a facility to manage internet access in the home and on different devices (N.B. This may be dependent on your account).