ONLINE SAFETY WITHIN THE HOME

PARENTS & CARERS

"TECHNOLOGY IS NOT THE PROBLEM, IT'S HOW WE USE IT"

Set fair and consistent rules in relation to your child's internet use at home
As they get older, try to agree the rules with them so that they have some control over their digital world.

Teach your child to think critically about what they see, read or hear online
For young children encourage them to ask "what would parents or carers say about that"? As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them.

It's much harder for people to empathise with each other when their communications are digital
It's why trolls find it easy to post horrible messages.Helping young people to understand that and pause and think about the impact of things posted online, will help them cope with some difficult behaviour they will come across and avoid getting caught up in it.

Maintain a positive outlook on your child's use of the internet
Whatever your opinion on Instagram stories, Snapchat filters or Utubers, try not to criticise their social media, apps or games, or they will be reluctant to talk to you about their online life. Remember if something bad happens online don't get mad, talk about it and support them to get help.

Young people who can recover from an online mistake can learn and avoid making the same mistake again
You can help by making it easy for them to talk to you about their mishaps. Make sure they know where to go for help if they need it. Don't forget parents can also talk to their child's school about online safety. Check out Childnet International and their hot topic section for tips and up to date advice.

Allow young people to explore and take charge of their online life
Having some control over any given situation is an important part of resilience - and such an important part of digital resilience. Blocking apps or websites can sometimes lead to them being more secretive and exacerbate the problem. It's essential to help them understand and develop their own sense of what's right and wrong online to build their own digital resilience.

Good apps for kids to download:
Youtube for kid's app aimed at young children.

How to know what is safe for your child to use
It is hard for parents, grandparents, teachers and carers to keep up with the latest games, apps and social media, so use the attached a link to a NSPCC site to check out the games/Apps and Social Media that your child is using http://www.net-aware.org.uk/

On the main screen there is a search box, simply key in the name of the particular game, App or social media and it will give you a summary of what it is, identify any risks and explain how you can take simple steps to make things safer. It also includes useful information such as:

- Age rating
- Top tips for usage
- An expert view of the risks
- Top tips for staying safe

Internet Matters have some great downloadable PDF guides https://www.internetmatters.org/ to help keep Children & Young People safe online.

Altogether Better Policing