

## Digital Parenting

<http://www.vodafone.com/content/parents.html>

<http://vodafonedigitalparenting.co.uk/>

## The Digital Universe for your children

<http://www.saferinternet.org/digitaluniverse>

<http://www.internetmatters.org/>

<http://www.getmedigital.com/friendly-wifi>

## Parental Controls

Restrict your child's access to unsuitable websites and limit the amount of time they can use the internet by using parental control software. There are several ways to do this:

- Many internet service providers such as Sky, Virgin and BTinternet include parental options with your broadband package.

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>

- Use the inbuilt parent controls that are part of Windows or Mac operating systems.

<http://www.which.co.uk/baby-and-child/child-safety-at-home/guides/parental-control-software/>

- Download one of the many apps that give extra control over smartphones and tablets.

<http://www.pcmag.com/article2/0,2817,2407509,00.asp>

- Don't forget that most games consoles have internet access - there are parental controls available for most of today's consoles, and offered as settings within each game.

**It is worth noting that even when playing off line an online message can be received.**

<http://windows.microsoft.com/en-GB/windows7/products/features/parental-controls>

- Control the times children can use the PC/laptop
- Control the programs they can use, games they can play
- Monitor online activity

<http://www.point2protect.com/parents.html>

### Other Useful Websites

#### **Parent's and Carer's Guide to Video Game Ratings**

[http://www.videostandards.org.uk/VSC/games\\_ratings.html](http://www.videostandards.org.uk/VSC/games_ratings.html)

#### **PEGI Ratings Site**

<http://www.pegi.info/en/index/>

The Pan European Game Information ratings for video games explained

#### **Ask About Games - where parents make sense of video games**

<http://www.askaboutgames.com/>

**CEOP's safer internet website with area for parents and carers**

<http://www.thinkuknow.co.uk/>

**Understanding Cyber Bullying - A Parents' Guide**

[http://www.bbc.co.uk/schools/parents/cyber\\_bullying/](http://www.bbc.co.uk/schools/parents/cyber_bullying/)

**Know Where to Go**

How to remove online content from Facebook, Youtube, and report online content in general

<http://www.youtube.com/playlist?list=PLJpo3oC1S14kwQi-jpmces-4pcAvNONmW>

**Cyber Street Wise**

The 'Cyber Streetwise' campaign aims to change the way people view online safety and provide the public and businesses with the skills and knowledge they need to take control of their cyber security. The campaign includes a new easy-to-use website and online videos.

<https://www.cyberstreetwise.com/#!/street>

### Unsuitable Internet Content

Sadly, some of the most innovative, exciting websites on today's internet can be damaging for your child due to the type of content that can be accessed through them. You may want to think seriously about whether you want your child to have access to YouTube, Facebook, Skype (with webcams) and so on. A rule of thumb should

be that if you are not sure what your child is accessing then try it out yourself, and restrict all use to family rooms within the house.

**A parents' guide to social networking on the internet:**

<http://www.net-aware.org.uk/>

### Tips for Safe Internet Use

Play and share online games with your child. Find out what they do online. If you are happy for them to play these games let them know, if you are not, explain why. Suggest some games that you, and they, may prefer.

If your child has a phone, text them and share the details of your family life with them - times and places, etc. Build up communication channels. Show them that you are online too.

Encourage responsibility - their online actions have real life consequences. If you are suspicious that your child is chatting with people who they don't know or sharing / being the recipient of unwanted messages and photos, ask to see their phones, laptops, etc.

Ensure that you know when and where your child is accessing the internet and from which device. Remember that smart phones, tablets and laptops all have built in cameras and webcams.

Facebook, Twitter and social media accounts all have an official minimum age older than primary school age. This is for a reason - many primary school children do not have the sophisticated social skills required to sustain communications of this sort.

Limit the amount of time your child spends on the internet/games console to that which you feel is acceptable.

Install parental control software on their account and on other devices that they use.

Ensure that your child is not downloading paid for games, music and apps that you are not aware of - they may not be aware that they are spending your money. Don't share passwords, and keep your online shopping details secure,

**Look out for your copy of Digital Parenting  
which is sent to families once a term.**

**It is full of ideas for keeping your family safe  
online.**