

6 easy steps to help keep your children safe online

Set up home broadband parental controls

These allow you to control what content is seen on any device connected to your broadband router, or hub.

Set controls on your search engine

Encourage your child to use child-friendly search engines and activate and lock safe search settings.

Make sure every device is protected

Controls should be installed on every device your child uses – mobile phones, tablets and games consoles.

Privacy settings

Activate safety measures offered by different sites. Sites like Facebook have settings that help prevent your child seeing unsuitable advertising.

Block pop-ups

If you're worried about your children accessing inappropriate content through clicking on pop-ups, BBC Webwise has advice on how to stop these.

Keep talking

Parental Controls are a really useful part of your toolkit to keep your children safer online, and can be adjusted as your child grows, but it's vitally important to remember to talk regularly to your children about what they are doing online.

For more advice visit www.internetmatters.org

**internet
matters.org**



For more information and resources visit

www.safeguardingpeterborough.org.uk

www.nspcc.org.uk

www.thinkuknow.co.uk/

www.childnet.com/

www.saferinternet.org.uk/

Report it



www.iwf.org.uk



www.ceop.police.uk

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Keeping Children Safe Online

A guide for Parents
and Carers

www.safeguardingpeterborough.org.uk

What is it?

Children may have better technical skills than you, however children still need advice and adult protection in using the internet and mobile technologies safely. Whether they are on a computer at school, a laptop, smart TV, games console at home or on a mobile phone.

If you and your child understand the risks, they can get the most from the internet and stay safe whilst doing so.

What are the risks?

The internet is both good and bad. It opens up so many educational and social opportunities to children, giving them access to a world of information and experiences.

For most children and young people, the internet has become an integral part of their lives where they play video games, download music and videos and chat to people via social networking sites and apps such as Facebook, Twitter, Snapchat, Oovoo, Kik, or Omegle.

Using the internet can also expose your children to risks such as:

- Accessing age inappropriate content, including pornography
- 'Friending' or communicating with people they don't know
- Online Grooming for the purpose of sexual abuse or exploitation
- Sharing personal information
- Gambling or running up debts - Many online games are free but offer the chance to buy items such as extra lives or new levels. So children may run up big bills without realising.
- Receiving upsetting texts or e-mail messages.
- Sharing inappropriate images of young people under 18 with others

Cyberbullying

Cyberbullying is an increasingly common form of bullying behaviour which happens online through social networks, games and mobile phones.

Cyberbullying can happen at any time or anywhere - a child can be bullied when they are alone in their bedroom - so it can feel like there's no escape.

For more advice on preventing and responding to cyberbullying visit www.nspcc.org.uk

If it's on the Internet, it isn't private.



Sexting

'Sexting' is an increasingly common activity among children and young people, where they share self-generated inappropriate or explicit images online or through mobile picture messages or webcams over the internet.

It may be common but 'sexting' is **illegal**. By sending an explicit image, a young person is producing and distributing child abuse images and risks being prosecuted, even if the picture is taken and shared with their permission.

For more information on the dangers of Sexting visit www.safeguardingpeterborough.org.uk/onlinesafety/sexting

Talk to your child

you don't need to be an expert.

Talking to your child – openly, and regularly – is the best way to help keep them safe online.

You might find it helpful to start with a family discussion to set boundaries and agree what's appropriate. Or you might need a more specific conversation about an app or website your child wants to use or something you're worried about.

Visit www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/ where you will find helpful advice and ways you can help to keep your child safe. Whenever and wherever they go online, including;

- Asking them about things they might see online which makes them feel uncomfortable
- Exploring apps and sites together – you can use www.net-aware.org.uk to do a bit of research
- Helping your child to become 'Share Aware'
- What to do if you are worried about your child online.

With technology changing all the time, it can be



hard to keep up to date. You can always call the NSPCC and O2 online safety helpline on 0808 8005002 to get advice on anything from the latest social networks to parental controls.

To download a copy of 'A parents' guide to being Share Aware' visit www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/

