



Online Safety checklist for parents and carers.



- I have agreed screen time boundaries with my child
- **My child has shown me which sites they use**
Take your time and explore the space, find out how to set the safety features and learn how to report any issues directly to the site
- **I have asked my child to ensure their profile settings are private,**
They need to think about the information they post online as it could be copied and pasted anywhere without their permission.
- **I have enabled appropriate parental controls on my child's devices,**
Filters on devices can prevent your child from viewing inappropriate content. You can also change the levels of control depending on your child's age and abilities.
- **My child knows who they can talk to if they are worried about something online.**
- **I know where to get help if I am concerned about my child,**

Worried? Need to Report?

1. Report to your Social Network Service
2. Contact school
3. NSPCC
4. CEOP (Grooming)
5. Internet Watch Foundation (Illegal Content)



Websites:

Childline

www.childline.org.uk

Childnet

www.childnet.com/parents-and-carers

CEOP (Child Exploitation & Online Protection Command) Think U Know Parents

www.thinkuknow.co.uk/parents/

Internet Matters

www.internetmatters.org/

Net Aware

www.net-aware.org.uk

NSPCC

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

PEGI (Pan-European Game Information)

www.pegi.info

The Breck Foundation

www.breckfoundation.org

UK Safer Internet Centre

www.saferinternet.org.uk

Have I Been Pwned?

haveibeenpwned.com/

Apps:



NetAware by NSPCC

A simple guide for parents to the most popular social networks, apps and games



InternetMatters by Internet Matters

This tablet-only app will help parents learn together with their child about online safety issues



iOS Settings by Apple

Enable password protected Restrictions on iPad, iPhone and iPod touch



Qustodio Parental Control by Qustodio

Internet monitoring and control for mobile devices including tablets and smartphones



SecureSafe

Free password and file manager



Online Safety conversation starters



Having a conversation about online safety can begin as soon as your child is engaging with technology.

Use these conversation starters to help get the conversation started:

What is your favourite thing to do on the iPad/tablet/my phone etc?

What is your favourite game/app and why do you like it?

Where do we use the iPad/tablet/games console and when can we use it?

What can you do if something online upsets you?

Who can help you with your favourite games and apps?

If a message appears on the screen, what should you do?

Who can go online? Do we know everyone online?

What do you like to use technology for? How does it help you?

What things make you happy when you use technology?

What things worry you/ make you unhappy/angry/sad when using technology?

What would you do if something online upset you? What advice would you give to someone else in this situation?

How do you think your use of technology impacts your wellbeing? Good or bad?