

Home and Family guidelines. Spot & reduce the risks!

- ☺ Talk together, share experiences and have fun learning together.
- ☺ Involve everyone in discussing & agreeing your family guidelines and rules. Remember that sometimes what is acceptable for a 15 yr old child is not appropriate for an 8 yr old.
- ☺ Know which apps your children are using.
Check them out on www.net-aware.org.uk Don't allow all apps.
- ☺ Know WHO they are communicating with (friends / followers). Predict where the risks may be. Communication is the key to Safety.
- ☺ Make sure the computer games your children play are age appropriate (PEGI)
- ☺ Ask your Internet provider for a service that filters out inappropriate sites (eg: pornography / race hate / extreme violence etc)
- ☺ Delay buying your children a smart phone until they're in their teens. If they do have a phone, ensure you modify parent controls. www.internetmatters.org.uk
- ☺ Don't let children hide away in their bedroom with webcams, tablets, laptops, games consoles etc. Insist they are in a communal area of the house, where it's easier to monitor what your children are doing.
- ☺ Discuss with your children information and images they share. Ensure they understand why they should be cautious not to share images, video & other personal data (eg:, location, real name, address, mobile number, email, school etc) If they want to subscribe to an online service then make up a family email address to receive the mail.
- ☺ Help your children develop a critical and sceptical attitude towards information, messages, adverts and communications, and to identify signs that someone online is trying to trick, dare or threaten them.
- ☺ If you allow your children to use social media (eg: facebook /Instagram / snapchat), check the privacy settings with them and set them to "Friends / Followers only" which allows you restrict posts / photos etc, to be seen only by people *you* list.
- ☺ Insist that your children agree to discuss with you first, if they are asked to meet up with some they've met online.
- ☺ Monitor & restrict the time your children spend online to help prevent obsessive use of the internet. Encourage activities away from technology! Using screens before bed time can badly affect sleep. Maybe use a parent control app with younger children.
- ☺ Encourage your children, and all family members, to tell you if they feel uncomfortable, upset or threatened by anything they see online.
- ☺ Create a set of family guidelines that all the family follow and agree what will happen if they are not followed.