E-Safety at Home
A guide for Parents

Age 10-12 Checklist

MAKE sure you've set some tech boundaries before they get their first mobile or games console - once they have it in their hands, it can be more difficult to change the way they use it

REMIND your child to keep phones and other devices well hidden when they're out and about to minimise the risk of theft

TALK to them about what they post and share online - written comments, photos and videos all form part of their 'digital footprint' and could be seen by anyone and available on the Web forever

DISCUSS the kind of things they see online - this is the age when they might be looking for information about their changing bodies and exploring relationships, for example

HOLD the line on letting your son or daughter sign up for services like Facebook and YouTube that have a minimum age limit of 13 - talk to other parents and their school to make sure everyone is on the same page

REMIND them that they shouldn't do anything online that they wouldn't do face-to-face

General Checklist

THINK about how you guide your family in the real world and do the same in the digital world - don't be afraid to set boundaries and rules for your child from a young age

HAVE a go at some of the technologies your son or daughter enjoys - play on the Xbox together or ask them to help set you up on Facebook or Instagram if you're not already a member

TALK to your friends, family and other parents about how they help their children to manage their digital world - you might pick up some interesting tips

MAKE the most of tools like Parental Controls on computers, mobiles and games consoles, privacy features on social networking sites, and safety options on Google and other search engines

TRY not to use technology as a babysitter too often - we all do it sometimes but it's important to know what your child is doing

MAKE digital issues part of everyday conversation - show your child that you understand how important technology is to them and talk about all its amazing benefits, but don't shy away from difficult subjects like responsible online behaviour, bullying and pornography

Under Fives Checklist

START setting some boundaries now - it's never too early to do things like set limits for the amount of time they can spend on the computer, tablet or mobile

KEEP devices like your mobile out of reach and make sure you have passwords/PINs set up on them for the times you might lend them to your child...or for when they simply get hold of them themselves!

CHECK the age ratings and descriptions on apps, games, online TV and films before downloading them and allowing your son or daughter to play with or watch them

EXPLAIN your technology rules to grandparents, babysitters and the parents of your child's friends so that they also stick to them when they're looking after your child

REMEMBER that public Wi-Fi (e.g. in cafes) might not have Parental Controls on it - so, if you hand over your iPad to your child while you're having a coffee, they might be able to access more than you bargained for

SET the homepage on your family computer or tablet to an appropriate website like Cbeebies

Age 6-9 Checklist

CREATE a user account for your child on the family computer with appropriate settings and make the most of Parental Controls and tools like Google SafeSearch

AGREE a list of websites they're allowed to visit and the kind of personal information they shouldn't reveal about themselves online (like the name of their school or their home address)

DECIDE time limits for things like using the internet and playing on games consoles

BEAR in mind what older siblings might be showing them on the internet, mobiles, games consoles and other devices and agree some rules as a whole family

TALK to other parents about their views on things like what age to buy kids a mobile and don't be pressured by your child into letting them use certain technologies if you don't think they're old enough or mature enough...no matter how much they pester you

FAMILIARISE yourself with age ratings and descriptions on games, online TV, films and apps, so that you can be sure your child is only accessing age-appropriate content

---

Useful websites for more information:
www.kidsmart.org.uk
www.thinkuknow.co.uk
www.childnet.com
www.ceop.gov.uk

Look out for the CEOP button - click and make a report if you see anything that worries you.

CLICK CEOP
Internet Safety

When searching the Internet we recommend you use one of the following child friendly search engines:
Ask Jeeves for kids: www.askkids.com
Yahoo! Kids: www.kids.yahoo.com
CBBC Search: www.bbc.co.uk/cbbc/search
Kidsclick: www.kidsclick.org

E-Safety