Parents' Online Safety Information

O₂ ☺ NSPCC — Let's keep kids safe online	**NSPCC/O₂ Parents online safety Helpline** Free service to give advice to parents Tel: 0808 8005002
NSPCC	**NSPCC Online safety webpage** Comprehensive information and advice for parents and carers including technical tools, reviews of apps, conversation starters. https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
childline — ONLINE, ON THE PHONE, ANYTIME	**Childline** Private and confidential service for children and young people up to the age of nineteen to find advice and discuss issues with counsellors. www.childline.org.uk/ Tel: 0800 1111
internet matters.org	**Internet Matters** Advice for parents of children of all ages – learn about it, talk about it, deal with it www.internetmatters.org/
common sense media	**Common Sense Media** Detailed reviews on games, website and apps with the aim of helping parents make informed decisions about whether they are suitable for their children https://www.commonsensemedia.org/
THINK U KNOW .co.uk	**ThinkUKnow** Advice on internet safety for young people, parents and professionals www.thinkuknow.co.uk
UK Safer Internet Centre	**UK Safer Internet Centre** Advice on internet safety for young people, parents and professionals. Go to Advice and Resources – Parents and Carers' section for information on parental controls for home internet, parental controls on devices and privacy settings on social networks. www.saferinternet.org.uk/
Dorset Safe Schools and Communities Team	**Safe Schools and Communities Team (Dorset)** Advice and links about different issues relating to young people including internet safety https://www.dorset.police.uk/neighbourhood-policing/safe-schools-team/

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Talk, talk, talk. The most important thing for parents and carers is to have lots of conversations with their children and young people about what they are using, how these games/website/apps work, why they enjoy them, who else is using them etc. In this way they may be able to identify any risky content, inappropriate contact or conduct at an early stage.

Agree within the family how and when devices can be used by adults and children - if possible write this down and stick it on the fridge. This should include how devices will be monitored and what sanctions will be if the agreement is broken.

Check virus protection. Ensure that mobile devices and laptops have the relevant software to protect from viruses and other malware. There are several free brands that update regularly and provide good protection or there is other commercially available software.

Help your child be resilient. Understand how the different apps, website and games work. Help them to use the tools available on each account or app such as blocking and reporting. Use the internet to research this.

Dealing with an incident. Minor fall outs between friends online may be able to be sorted out without involving others. Get advice from school about the best course of action. Know how to report online, but also when to report to school or police if your child has a problem.

Check privacy settings on websites and apps. Ensure that any social media accounts, games or apps are set to the appropriate privacy setting to prevent unknown or inappropriate people from viewing or contacting children and young people – this can be found under Settings in most websites/apps. Often the default setting for these types of account is public meaning that everyone can see content, including pictures and videos. Also check that locations are not being shared under GPS or Location Services settings.

Consider using Parental Controls on broadband and devices (laptops, mobile devices or games consoles). These controls can limit the times the device can be used, whether apps/games can be downloaded and whether the internet can be accessed. iPads, Windows and new Android (4.3 or higher operating system) have built in parental controls: for older Android devices, apps may need to be downloaded to provide parental controls. These tend to be useful for younger or more vulnerable young people but will not block all content.