



# Parents guide to online safety

## Contact Us

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# Online Etiquettes/Rules for your son

- ❖ Respect everyone online
- ❖ Never accept 'friends' request from strangers
- ❖ Never post/share inappropriate images of yourself/others
- ❖ Never share images of others without consent
- ❖ Never share screenshot conversations
- ❖ Never lie or make hurtful comments online
- ❖ Never create fake accounts to cause distress to others
- ❖ Never access sites that your parents would not approve
- ❖ Don't overuse the internet, agree suitable times with your parents
- ❖ Always report abuse or inappropriate images to parents

## What you can do as a parent/carer

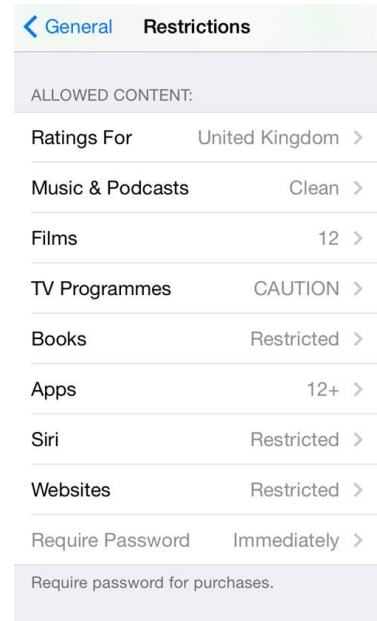
- ❖ **Have an open relationship with your children about online safety and have regular discussions on safe and responsible use**
- ❖ Only allow your son to use social networking if he is mature enough (most social networking sites expect that they are **age 13 or over**)
- ❖ **Schedule timings in settings**, so that your son cannot access the internet at night
- ❖ **Set restrictions** on their devices so they can only access content that is ok
- ❖ **Check internet history regularly.** If you have more than one device use the **same Apple ID** on the devices to check and monitor. This means that the history on their device will also be on yours, so you can check it without asking for their device
- ❖ **Set limits and boundaries** with your son. **Reinforce** the **online etiquettes** regularly
- ❖ **Report serious incidents to Child Exploitation & Online Protection center or ring 999 for immediate help**
- ❖ **Ask the school for help if needed**

## Reporting tools - When should I report to CEOP?

- ▶ What is CEOP?
- ▶ **CEOP (Child Exploitation and Online Protection Centre)** works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account.
- ▶ If your child has experienced sexual or offensive chat that has made them feel uncomfortable or someone is trying to meet up with them, you can report this directly to CEOP.
- ▶ This may have happened in a chat room, message board, instant messenger or on a social networking site. It could be on a mobile phone, games console or computer. It could be messages, images or conversations over webcam. The important thing is that if an adult is making sexual advances to your child on the internet you should report it to CEOP.
- ▶ Remember if you need immediate help call 999

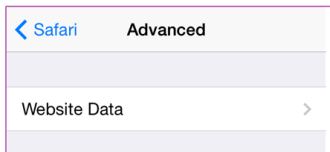
[Make a CEOP report](#)

## Setting restrictions on iPhones/iPads

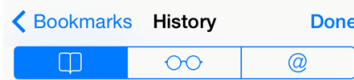


## Checking history on iPhones/iPads

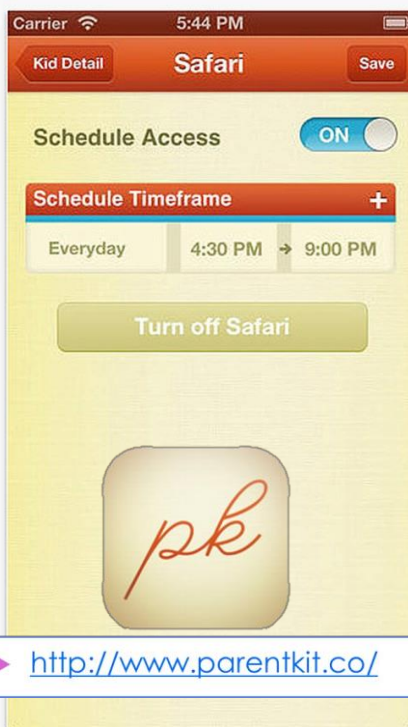
Check the website data to view the sites accessed



Regularly check the history



## Monitoring Apps



<http://www.parentkit.co/>

## Additional Apps



## Parental controls offered by your home internet provider

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.



How to set up the parental controls offered by BT



How to set up the parental controls offered by Sky



How to set up the parental controls offered by TalkTalk



How to set up the parental controls offered by Virgin Media

## Safety tools on social networks and other online services

Most online services offer some safety features that can help you manage access to age-inappropriate content, report concerns or protect privacy.

It is a good idea to think about the sites and services your family uses, and check out which features these sites have that might be helpful for you. Talk to your children and make sure they know how to use the tools on the sites and services they use.



Social Networks



Web Browsers



► <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/safety-tools-on-online-services>

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>

## Q&As

### How do I set restrictions & filter websites?

- ❖ Follow the guidance provided by your internet service provider
- ❖ On tablets, manage the settings for the browser (safari) restrictions
- ❖ On desktops/laptops manage the settings on internet options

### How do I check the history on the browser?

- ❖ On tablets select the bookmarks icon to view history & view the website data under advanced settings
- ❖ On desktops/laptops, click on the star icon to access the history

### What do I do if my son is accessing the internet at night?

- ❖ Schedule timings on his device for when he can/can't access the internet

### Who do I contact for additional support on e-safety?

- ❖ Contact the school, our staff can provide advice and support

### How do I report abuse?

- ❖ Report on the CEOP website or ring 999 for immediate help

## Additional Parental Support

<http://www.bbc.co.uk/webwise/0/21259413>

[http://www.vodafone.com/content/parents/digital-parenting/view\\_magazines.html](http://www.vodafone.com/content/parents/digital-parenting/view_magazines.html)

<http://www.bbc.co.uk/programmes/p018hhbb>

<https://www.thinkuknow.co.uk/parents/parentsguide/>

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>