

Keep Your Children **SAFE** Online

● For Parents

Your children need your help to stay safe on the internet. Even if you think you know less than them about the online world, you can still teach them how to act safely.

● Ten Tips for Parents

1. Talk to your children - Tell them to be careful about what they post online, who they talk to and become friends with, and how they communicate with them
2. Ask your children to teach you about the digital world
3. If you let children use social networking sites, make sure they set the highest privacy settings
4. Many computer games aren't suitable for young children - check the ratings
5. Agree on 'screen time', so that your children don't spend all their time on digital devices
6. Find out what different devices can do and whether they are suitable for your child
7. Block inappropriate websites, using free online software
8. Keep your home network secured
9. Be aware of cyber-bullying - make sure you are there to listen if your children want to talk
10. Report abuse when you see it (www.report.iwf.org.uk/sh)