

Online Safety Advice for Parents

During the current Coronavirus (Covid 19) situation many parents are working from home including home learning with their children. Many children will increase their online activity time during this period due to being at home more, so it is important that families incorporate time to learn about how to keep safe when going online. It is highly likely that online offending will increase during this time, so it is important that children and young people know how to learn, socialise and play online in a safe way.

Below are some top tips on how to help keep your child safe when going online.

- **Use parental controls-** Adding parental controls will allow you to monitor and limit what your child sees and does online. Visit www.internetmatters.org/parental-controls/ to access step by step guides on how to set up parental controls.
- **Start a conversation about online safety-** Show interest and understand what your child likes to do online and who they like to speak too. To learn more about the most popular apps and games that kids are using visit www.net-aware.org.uk
- **Set time limits-** During this period it is important that your child isn't spending too much time in front of a screen, plan activities that don't include using an electronic device.
- **Set device-free zones-** Only allow your child to use their device where you can monitor them, don't allow them to take their devices to their bedroom.
- **Report-** Make you and your child aware of where to go to report online crime.

Below is a list of resources you can use to help educate your child about how to stay safe online and be a good digital citizen.

- **CEOP-** Download home activity packs and use the resources to help you learn about online safety at home with your child. <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>
- **Childnet-** Online activities you can do from home, there are a number of resources aimed at different age groups. Broken up into age appropriate categories explore different online issues such as fake news, bullying, strangers online and more. <https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home>
- **Be Internet Legends-** Google have launched a resource containing online safety activities for the whole family. The programme is designed to teach children the skills they need to stay safe and have a positive time online. The programme is split in to 4 categories: Think Before You Share, Check it's For Real, Protect your stuff and Respect Each Other. https://beinternetlegends.withgoogle.com/en_uk/parents