Safer Internet Day 7th Feb 2017
Advice for parents and carers

1. Is your family internet safe? Do you know where to go for help and advice? visit: www.saferinternet.org.uk

2. Did you know you can set up age appropriate parental controls on your home broadband? If you don't know how, contact your internet service provider for details.

3. Do you know what your child is up to when they are online or what apps they are using – good or bad? Visit: https://www.internetmatters.org/advice/apps-guide/#tab-1431531253-2-18

4. How many hours a day do you think is acceptable for your child to be on devices? Visit http://www.bbc.co.uk/news/technology-38611006

5. Did you know that Vodafone produce a free online Digital Parenting Guide with many excellent tips and resources? http://www.theparentzone.co.uk/

6. How do you encourage your child or young person away from their screens and be more engaged in family time? Need ideas visit: http://www.poolefamilyinformationdirectory.com/kb5/poole/fis/category.page?category=1

7. How many friends do your young people have on their social networking sites? Do they really know them all? Keep talking to them about who they communicate with www.bullying.co.uk

8. Do you know what your child's favourite app or website is, as there are so many great ways to explore the internet with children of all ages?

9. Many schools will be focusing on Internet Safety this week – ask your child what they have learnt at school.

10. Have you and your children done the checklists for the social media sites you use? – view the pdf and check you and your teenagers are safe, there are checklists for Facebook, Twitter, Snapchat and Instagram. : http://www.saferinternet.org.uk/advice-and-resources/young-people/11-19s

11. Find out how to stand up to cyberbullies and understand the signs: https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/

12. Have you seen the UK Safer Internet Education Pack for parents and carers https://www.saferinternet.org.uk/safer-internet-day/2017/education-packs/education-pack-parents-and-carers This will provide even more facts for you to follow up!

13. Does your child want to use Snapchat? Get great information and help from the NSPCC and mumsnet at http://www.net-aware.org.uk/

14. Have you ensured that the games your children are playing are suitable? – check the PEGI game rating http://www.pegi.info/en/index/

15. Do you need more advice to help your child online? – check out the parent's website at https://www.thinkuknow.co.uk/parents/

16. Do you have unanswered questions about online safety? – contact the NSPCC E-safety Parents helpline on 0808 8005002 https://www.nspcc.org.uk/fighting-for-childhood/about-us/partners/nspcc-o2-online-safety-partnership/