Online Safety and Cyber Bullying

How to support your child online

Remember: Your child should not have an account with Facebook, twitter, ask.fm, Snapchat or other social media until they are 13.

All Internet Service providers have parental controls that you can 'switch on'
Every parental control package is different, but most provide services such as:

- **Filtering** – content to restrict access to particular sites, such as adult websites.

- **Time limits** – restrict the amount of time your child can be online, or set periods of time where your child can access certain sites.

- **Monitoring** – where you are informed of certain sites that your child is attempting to gain access to.

- **Reporting** – where you are provided with information about what sites your child has used.

Games Consoles also have parental controls— ensure that the account the child is playing is their account. Xbox and Playstation all have clear settings for parental control but it relies on the account having the **correct date of birth!**

*Service providers such as You Tube, Google Chrome ,Yahoo, Bing, Internet Explorer—*turn on 'safe search' and talk to your child about what to do if they see something that makes them uncomfortable.

Discussion points:

- Talk to your child about what they are playing and who they are talking to!

- Games are age rated just like films. Most adult games connect online with strangers –**spend some time watching your child play the games**.

- Talk to your child about their use of the phone. **Who are they texting? Are they upset about any of the messages?** Are they aware of any costs for apps, texting and data?

- Allow them to explore the internet! There are lots of age appropriate sites! Let them have a look at **www.thinkuknow.co.uk**

Using Mobile Phones

Always talk to your child about why they have a mobile phone. Remember most phones have internet access and instant messaging services. *Talk to your child -* **remind them that they need to treat people with messaging as they would face to face.**