

SAFEGUARDING



Rules to follow to keep your children safe online:

Stick to safer sites. Keep passwords safe. Be kind online.

STEPS YOU CAN TAKE TO HELP KEEP YOUR CHILD SAFER ONLINE

Parental controls:

Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters. www.internetmatters.org](https://www.internetmatters.org)

Supervise their online activity:

Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often:

Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Online Safety

Follow the SMART rules to stay safe online

S

Stay **safe** online by not sharing personal information



M

Do not **meet** anyone who you have only made friends with online



A

Do not **accept** messages or friend requests from strangers



R

Not everything online is **reliable**. Some people online are strangers and may try and trick us



T

Tell an adult you trust if anything happens online that you don't like



