What is Safer Internet Day?

Safer Internet Day is celebrated in over a hundred countries to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community.

It calls upon young people, parents, carers, teachers, social workers and wider, to join together in helping to create a better internet.

The focus for Safer Internet Day 2016 is to inspire a kind, respectful and inclusive internet, and help raise awareness about the issue of online hate.

Useful links

http://www.parentport.org.uk/top-tips-for-parents/

http://www.childnet.com/parents-and-carers

http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls

http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology

http://www.pegi.info/en/index/id/952

http://www.childnet.com/resources/supporting-young-people-online

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

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Online Safety

A Guide for Parents

Children love using technology and are learning to navigate websites, online games consoles and touch screen technology such as iPads and smartphones from a younger age.

Latest Ofcom research has shown that 91% of 5-15 year olds live in a household with internet access and over a third of all 3-4 year olds are now accessing the internet in their homes.

You may feel that your child has better technological skills than you do, however children and young people still need advice and protection when it comes to using the internet.

Useful Tips

1 Where do I start?

The best way to understand your child's internet use is to use the internet together. Active engagement and conversations are important. Take time to explore the games and services your child is using and look out for safety features that might be available. This will give you a better understanding of the different ways that children are engaging with technology and help you to feel more confident.

2 Should I set any rules?

In the same way as you set rules for most areas of your children's lives, establish your expectations regarding online activities. This will help you and your child to become aware of their boundaries.

3 How can I supervise my child?

Placing your computer or laptop in a busy part of the house could be helpful. This can make it easier for you to be involved in their technology use. Remember that the internet can also be accessed from portable devices such as smartphones and tablets.

4 How much time is too much time?

Children can be enthusiastic users of technology. The challenge is to harness this enthusiasm and ensure a balance, so that technology does not negatively impact on other important areas. Some helpful strategies are agreeing time limits or using time limiting tools, designating weekly times to use the internet or removing portable devices from your child's bedroom at night.

5 Are there tools to help?

There are free parental controls and filters available but you will need to set them up. Your internet service provider and mobile phone operators will provide free filters to help block age inappropriate content for children. You can watch tutorials on how to set these filters up by going on to the '*UK Safer Internet Centre* website.' Parental controls and filters can be password protected. Please remember they are not 100% effective and supervision and engagement are still crucial.

6 What advice should I give my child?

Education is the best tool a child can have, so discuss with your child the importance of telling an adult immediately if something, or someone, upsets them online. Younger users may be distracted by advertising or make a spelling mistake and they could find themselves on a different website. Bookmarking sites or creating a 'favourites' list is a simple way to help your child find the content they want without having to search the internet.