



Parent Workshop
E-Safety: Staying Safe Online

Below is a summary of the main points outlined during the workshop.

5 tips for parents to reduce the risks when your child is online:

1. **Understand the risks**
2. **Communicate regularly**
3. **Keep the risks in proportion**
4. **Agree helpful strategies**
5. **Develop coping strategies**

General tips to help reduce risk

1. Keep the computer in a high-traffic area of your home.
2. Establish limits for which online sites children may visit and for how long.
3. Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
4. Surf the Internet with your children and let them show you what they like to do online.
5. Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
6. Check the browser search history on a regular basis.

Dealing with inappropriate CONTENT

What to talk about:

- They can come to you if they see anything that upsets them
- The importance of respect for each other and themselves.

Top tips

- Parental controls on home internet
- Content lock on mobile networks
- Safe search on Google (www.safesearchkids.com) & YouTube; child friendly search engines

Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know
- Never ever meet up with anyone they don't know in real life

Top tips

- Set up safe social media profiles that don't share personal information
- Turn off location settings on devices
- Use the strongest privacy settings on social media
- Learn how to report/block/mute

Dealing with inappropriate CONDUCT

What to talk about

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, they are creating a digital footprint

Top tips

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

Communication

- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
- No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
- Create a family agreement (<https://www.childnet.com/blog/family-agreement>) for internet use.

Control Tech Time

Your children will be watching you! Be a **good role model!**

- Turn off notifications on apps to avoid that constant 'ping'.
- Buy an alarm clock so you don't have devices in the bedrooms.
- Keep phone on silent when you pick up the children from school
- No phones at the table rule or no phones between 6 and 7 rule
- Have family tech free days!

Parental Control Apps

- **Famisafe - <https://u.famisafe.com/main/dashboard>**

FamiSafe allows parents to check the browsing history on their children's phones. Find out the places your child went to, and how long he spent there. You will also discover the sites he used, and when he visited them. Also, you can preset the times your child cannot use his phone. e.g., bedtime or during school hours. Setting keyword alerts will prompt FamiSafe to warn you if your child is looking for explicit content. FamiSafe is undoubtedly the most intuitive Parental Control App.

- **Websafety – www.websafety.com**
- **Qustodio - <https://www.qustodio.com>**

Qustodio has a free as well as a premium plan that works for Windows, Mac, iOS, Android, Kindle, as well as Nook. This makes it one of the most sophisticated and user-friendly parental control applications out there. This parental control software free comes with an extensive dashboard that can be accessed remotely. You can track calls and text messages on your kid's device, block indecent content from their devices, control gaming and other apps, etc. Also, it gives real-time location updates as well. Additionally, you can monitor their activity on popular social media platforms. The free plan comes with a 1-user 1-device option.

A list of parental control Apps

<https://www.spyzie.com/parental-controls/free-parental-control-software.html>

Useful Websites

Here you can find a list of useful websites that will help to teach children about internet safety and extend their understanding.



ThinkUKnow (www.thinkuknow.co.uk)

ThinkuKnow is a website that links with CEOP. It provides age appropriate advice and support for children and parents and hosts some thought provoking cartoons and animations for children.



NSPCC – Share Aware (www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware)

Share Aware is a site for parents of children aged 8-12 – it will help to reassure you, and give you everything you need to keep your children safe discussing issues surrounding sharing of information in the real world and via social media.



Internet Matters (www.internetmatters.org)

Lots of useful resources and links to other site to keep you safe online



Childnet (www.childnet.com)

Childnet work with children, parents and teachers across the globe to make the internet a safer place for children. Sharing good practice and delivering a methods others are using to stay safe online.



Child Internet Safety (www.childinternetsafety.co.uk/)

Child Internet Safety is an organisation providing information and support to anyone that works with and has direct contact with children. They publish a magazine with current topics and advice for staying safe online in an informative easy to understand format. The Hub is an area of the site that they ask people to share good practice and good ideas.



Digizen (www.digizen.org)

The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible digital citizens.



KidSmart (www.kidsmart.org.uk)

The Kidsmart website is full of activities to discuss and promote the safe use of the internet. A key focus is SMART rules which schools encourage children to stick to. The SMART rules remind us to keep **S**afe online, not to **M**eeet people we have met online, ensuring files or data that we **A**cccept are from a **R**eliable source and that if we do see or receive anything that makes us uncomfortable that we should **T**ell someone.



Vodafone(<https://www.vodafone.com/content/digital-parenting>)

Vodafone have developed a subsite dedicated to parents and provides useful advice and tips for online safety