Apps

Apps can be a positive place for young people to socialise with peers. Many enable instant messaging, social networking and image sharing.

Some, like YouTube, can also be a great creative outlet. But consider:

- Privacy settings and age relevance
- Talking to them about the content they share
- Discussing the consequences of sharing messages and images.

UKSIC:
saferinternet.org.uk/advice-centre/social-media-guides
SWGfL:
swgfl.org.uk/online-safety-resources
Internet Matters:
internetmatters.org/advice/apps-guide

Instant Messaging

Instant Messaging is a great way to socialise and keep up to date with what's going on right now. However there is a risk of unsolicited contact. If your child is using messenger services you should:

- Look at the privacy settings
- Ensure they understand that they may be talking to people they don't know and the risks this brings
- Talk to them about what is and isn't appropriate to send.

CEOP
ceop.police.uk/safety-centre
Connect Safely:
connectsafely.org/guides-3/

SWGfL
Education that Clicks

Pick up a copy of this checklist along with other Online Safety materials at swgflstore.com

We are a not-for-profit charitable trust providing schools with fast reliable internet connectivity and services, learning technologies to improve outcomes, and toolkits for being safer online. We are also coordinators of the UK Safer Internet Centre.

Find out more at swgfl.org.uk

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UK Safer Internet Centre

Online Safety Guidance for Parents

Online spaces, games and media form a large part of life for young people growing up today. They offer platforms to connect with others and to learn.

Risks

Of course there are risks associated with being online, as there are with all aspects of life. These include:
· Exposure to inappropriate content
· Sharing too much personal information
· Connecting with harmful people and
· Spending unhealthy amounts of time online.

Have a conversation

One of the best ways to help young people stay safe online is to talk to them about what they do.

If you understand the situations they encounter you'll be better placed to offer them advice on how to deal with them.

UK Safer Internet Centre advice centre for parents and carers:
saferinternet.org.uk/advice-centre/parents-and-carers
South West Grid for Learning: swgfl.org.uk/magazine
Vodafone Digital Parenting: vodafonedigitalparenting.co.uk
London School of Economics Parenting for a Digital Future:
blogs.lse.ac.uk/parenting4digitalfuture/

Gaming

Gaming is fun but be aware that it can be all consuming. Some things to consider:

• Use the gaming consoles' safety settings
• Agree with your child how much time they can spend playing online
• Pay attention to the PEGI (age) ratings and what they mean
• Remember that some online games have inbuilt chat functions
• Be aware that your child might use servers or 3rd party applications to access interactive online communities.

UK Safer Internet Centre guides:
saferinternet.org.uk/gaming

PEGI:
pegi.info

Common Sense Media:
commonsensemedia.org/reviews

Ask About Games:
askaboutgames.com

Bullying

Remember, it's not the technology that's the problem, it's the bullies' behaviour. Support young people by:

· Talking about bullying issues
· Making sure young people know that they can turn to you for support
· Reporting any incidents - it will help your child and others too.

UK Safer Internet Centre tips:
saferinternet.org.uk/cyberbullying-tips

Anti Bullying Alliance:
anti-bullyingalliance.org.uk

ENABLE Anti-bullying Programme:
http://bit.ly/23SHU3Q

Cybersmile:
cybersmile.org/advice-help/category/advice-parents

Live Streaming

Broadcasting online brings an instant thrill that can be addictive. Encourage young people to think about:

· Body image - talk to them about how they want to be perceived online and who their audience might be
· Privacy - how do they protect it? You can't edit something that is going out 'live'
· Age appropriate - is the site they're using appropriate for them? Most social media sites are aimed at 13 year olds and upwards. If not, is there a way to make it safer for them (e.g. YouTube Kids).

SWGfL body image blog:
swgfl.org.uk/magazine/bodyimage

Internet Matters:
internetmatters.org/parental-controls/entertainment/

YouTube Kids Parental Guide:
support.google.com/youtubekids/