



BOHUNT
WOKINGHAM

Keep Your Children
Safe Online



Keeping Your Children Safe Online

The internet offers many exciting benefits and tremendous opportunities for everybody - whether using it to send emails, shop, or socialise with friends.

The internet is such an important part of young people's lives enabling them to connect with friends, learn, play games, watch movies and have fun.

The internet is an important part of their lives, but if not used safely, can expose them to many risks. Understanding these risks can help you keep your children safer online.

Sometimes a lack of knowledge can make adults feel wary about how to keep children safe online. However, there are practical steps we can take to help keep children and young people safe whilst using technology.



Encourage conversation - be open

Talk to your children about being safe online. It can be very difficult for a child to understand the risks of using the internet. What they must understand is that online actions have real life consequences.

Ensure your child knows the dangers of accepting a friend request from strangers online. Explain that once a picture, video or comment is sent or posted online, it can be very difficult to move it and it can be shared with others, without them even knowing. Ensure they know how to report and block people online who may send nasty or inappropriate messages or content. Most importantly, make sure your child knows they can talk to you and tell you about anything that happens online that makes them feel scared, worried or uncomfortable. Threatening to take phones or tablets away could stop them from telling you about problems. Removing access to the internet will not solve the problem. Remember, the vast majority of children use it without coming to any harm.

Let them teach you how to use the internet

There's nothing a child loves more than to be your teacher. Let them show you how they access social media, how they post messages, what games and apps they like to use or how they visit a website.

This will encourage them to show you what websites they use and what games they play - what's cool right now and where to find funny pictures. This makes having the conversation much easier with children about important safety features, using privacy settings, and reporting concerns.



Set rules and agree boundaries

Discuss with your child how their internet use will be monitored and the need for your child to earn trust and privacy online depending on their age/ability. Try to reach common ground with your child about when, what and for how long they can access the internet.

Be especially aware of setting rules relating to your child's use of webcams, and any applications or devices which allow voice or video chat.

Make sure they understand that they must never give away their passwords and be careful about what personal information (full name, date of birth, address, phone number, etc.) is shared online.

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Install parental controls

Make sure you read any parental guidance and safety recommendations, including age requirements. Most popular social networking sites and apps are only for users aged 13+.

Use parental control functions from computers, mobile phones and games consoles to block unsuitable content or contact from unknown people and make sure you know how to report concerns.

You will find free and paid parental control tools on the internet. There are many options available with different levels of flexibility including what your children can access and for how long.

Take your time and visit all product pages, read about the features, read independent reviews, and choose the product that best suits your needs.

Once you have chosen the product and installed it, take your time to set it up properly.

You can enable a GPS facility on smartphones and tablets that will give you real time location of your child. But again, make sure you discuss this with and explain why you might do this.



Install a good anti-virus firewall and anti-spyware and keep software up to date

Install antivirus software

The UK Safer Internet Centre, Internet Matters, and Get Safer Online provide in-depth advice about anti-virus software.

There are a number of independent organisers that test antiviruses periodically and publish the tests on their websites including PC Magazine, AV-Test and AV Comparatives. You can see the results to find out which product ranks the best.

Once you've installed any software, make sure it's updated every time a new update is released.



Secure your wireless connection

Set up different passwords for network user and administrator and activate network encryption from your router settings.

Check your router for firmware updates periodically and install any new updates it finds.

Every now and then check your router to see what devices are connected to it. If you see any unknown devices, create a stronger password and change the SSID name.



Useful links and resources

Reporting a concern

ceop.police.uk

Website for the Child Exploitation and Online Protection Centre

virtualglobaltaskforce.com

Report online child abuse

iwf.org.uk (Internet Watch Foundation)

Report online criminal content
childline.org.uk

parentport.org.uk

Report inappropriate content

actionfraud.police.uk

Report fraud and scams

crimestoppers-uk.org

Report a crime

Useful Links for Keeping Children & Young People Safe Online

childnet.com

Excellent free resources for educators and parents/carers

nscpsc.org.uk/online-safety

Information for parents and children about online safety

childline.org.uk

Get help and advice about a wide range of issues

kidscape.org.uk/cyberbullying

Reporting cyber bullying

saferinternet.org.uk

UK Safer Internet Centre

google.co.uk/familysafety

Google Family Safety Centre, includes safety tools and report options

theparentzone.co.uk

The Parent Zone

pegi.info

Information about age ratings of video games

Useful sites and resources

Any online safety concerns can be reported to our designated safeguard lead through our school website.

Wokingham Resource

There are a range of useful websites with plenty of advice regarding staying safe online.

We recommend:

Berkshire West Safeguarding Children Partnership

> Click [here](#)

Hampshire Police - Staying Safer Online

> Click [here](#)

UK Safer Internet Centre - Events and Training

> Click [here](#)

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