

## **Home and Family guidelines. Spot & reduce the risks!**

**Talk together, share experiences and have fun learning together.**

**Involve everyone in discussing & agreeing your family guidelines and rules. Remember that sometimes what is acceptable for a 15 yr old child is not appropriate for an 8 yr old.**

**Discuss regularly online safety and go online with your children. Communication is the key to eSafety.**

**Make sure the computer games your children play are age appropriate (PEGI)**

**Ask your Internet provider for a service that filters out inappropriate sites (eg: pornography / race hate / extreme violence etc)**

**Enable your 'browser safe' search option and/ or consider using internet filtering software, walled gardens and child-friendly search engines.**

**Delay buying your children a smart phone until they're in their teens.**

**Show how you will look at the browser history and will expect to see sites visited and will want an explanation should the history have been cleared in any way.**

**If possible, keep the computer in a communal area of the house, where it's easier to monitor what your children are viewing. Never let children have webcams, or similar, in their bedroom.**

**Talk to your children about why they should not to give out their personal details (eg:, real name, address, mobile number, email, school etc) If they want to subscribe to any online service then make up a family email address to receive the mail.**

**If you allow your children to use social networking sites (eg: facebook), make sure the privacy settings are set either to "Friends" or "Customise" which allows you restrict posts / photos etc, to be seen only by people *you* list.**

**Insist that your children agree to discuss with you first, if they are asked to meet up with some they've met online.**

**Monitor & restrict the time your children spend online to help prevent obsessive use of the internet. Encourage activities away from technology!**

**Encourage your children, and all family members, to tell you if they feel uncomfortable, upset or threatened by anything they see online.**

**Create a set of family guidelines that all the family follow and agree what will happen if they are not followed.**

[www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.ceop.gov.uk](http://www.ceop.gov.uk)

[www.beatbullying.org](http://www.beatbullying.org)

[www.getnetwise.org](http://www.getnetwise.org)

[www.getsafeonline.org/.uk](http://www.getsafeonline.org/.uk)

[www.vodafone.com/content/parents.html](http://www.vodafone.com/content/parents.html)