Parent Web Site Links and Support

Vodaphone Digital Parenting

Includes digital parenting magazine and how to guides for setting up parental controls.

http://www.vodafone.com/content/index/parents.html

CEOP – Child Exploitation and Online Protection Centre site

Includes reporting and legal information. Also links to the Think U Know advice for parents. http://ceop.police.uk/



Rights and Responsibilities Charter

This charter has been taken from the UK Safer Internet Centre 'Have Your Say Survey' results. This survey had a sample size of 24,097 young people aged 7-19 from across the UK. See

- 1. I should feel safe and enjoy being on the internet
- 2. I should be able to tell someone if something has worried me on the internet
- 3. I should not be bullied on the internet, and should not bully others
- 4. I should help my friends stay safe on the internet
- 5. I should be able to report anything that worries me on the internet
- 6. I should be able to talk and play on the internet with my friends
- 7. I shouldn't have to see unpleasant or hurtful things on the internet
- 8. I should know how to keep my personal information safe
- 9. I should be able to easily search the internet for information
- 10. I should learn how to stay safe on the internet

Safer Internet Centre

Advice and resources area has a section for parents and carers. It includes a guide to technology and information on setting up parental controls for BT, Sky, Talk Talk and Virgin Media.

http://www.saferinternet.org.uk



Conversation starter ideas from Childnet for Parents of Primary Aged Children

- 1. Ask children to tell you about what sites they visit and what they enjoy doing online.
- 2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share online?
- 3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use
- 4. Ask them for help, whether they can show you how to do something better online or they have a friend who they think might benefit from some help?
- 5. Think about how you as a family connect with respect! What could you do to get more out of the internet?

Think U Know

CEOP web site with section for young people of different ages and parents / carers. Parent area includes sections on types of technology, information on how to keep your child safe and making a report on behalf of your child.

http://www.thinkuknow.co.uk/



Childnet International - Know IT All for Parents

Includes video guides for parents in a number of languages.

http://www.childnet-int.org/kia/parents/



Report Issues to the Child Exploitation & Online Protection Agency (CEOP)

http://www.ceop.police.uk/

Parent Web Site Links and Support

South West Grid for Learning (SWGfL) Includes an area for parents with advice, information on technology and links to resources. http://www.swgfl.org.uk/Staying-Safe **Connect Safely** Parents guides to Facebook, Google+, Snapchat and Instagam http://www.connectsafely.org/guides/ **Hector's World** Educational programme aimed at children from age 2-9 with a section for parents. http://hectorsworld.netsafe.org.nz/ Searchbox Links to search sites for children. http://www.searchbox.co.uk/kids.htm **BBC Webwise** Top 10 e-safety tips. http://www.bbc.co.uk/webwise/0/21259413 123 People - http://www.123people.com/ Zoom Info - http://www.zoominfo.com/ Use sites to search to check your digital

footprint and for your children.

What can you do?

Get involved in your children's online activity at home and TALK

Support the school – sign the Acceptable Use Policy and take an active interest in what your children are doing in e-safety at school.

Encourage internet use that builds on offline activities – help children to use the internet for homework and leisure interests.

Use some of the tools on the computer to help you

- ✓ Passwords
- √ Facebook privacy controls
- ✓ Google SafeSearch
- ✓ YouTube Safety Mode
- ✓ Parental controls on your Internet service (e.g. BT Family Protection)
- ✓ Parental controls and separate accounts on your computer
- Parental controls on your mobile phone (e.g. Vodafone Content Control)
- ✓ Parental controls on your games console (e.g. Nintendo DS and important control to turn off 3d for children under 7, Xbox and restriction of Xbox live)

Vodaphone Digital Parenting Checklist

- CREATE a user account for your child with appropriate settings and make the most of Parental Controls and tools like Google SafeSearch
- **AGREE** a list of websites they're allowed to visit and the kind of personal information they shouldn't reveal about themselves online
- DECIDE time limits for things like using the internet and playing on games consoles
- **BEAR** in mind what older siblings might be showing them on the internet, mobiles, games consoles and other devices and agree some rules as a whole family
- TALK to other parents about their views on things like what age to buy kids a
 mobile and don't be pressured by your child into letting them use certain
 technologies if you don't think they're old enough or mature enough
- FAMILIARISE yourself with age ratings and descriptions on games, online TV, films and apps, so that you can be sure your child is only accessing ageappropriate content