Children and Young People

Lancaster Children and Young People's Trust

Fylde, Lancaster & Wyre Children's Partnership Board

Staying Safe Online
...a guide for Parents and Carers

The range and complexity of today's technology can often seem bewildering for many parents and carers, particularly with older children who may seem to be permanently 'connected'. Parents and Carers are key partners in helping to safeguard our children when using technologies such as Laptops, Tablets, Gaming Consoles and Smartphones - as such, it is useful to agree some ground rules to support their safe use. Use the checklist below and those points opposite as starting points. The list of recommended resources on the left are great sources of information which outline some of the potential risks and provide supporting information for parents and carers.

Parents & Carers
www.lancashiresafeguarding.org.uk/online-safeguarding

Childnet International
www.childnet.com/parents-and-carers

THINK U KNOW
www.thinkuknow.co.uk/parents

UK Safer Internet Centre
www.saferinternet.org.uk/advice-and-resources/parents-and-carers

O₂ ☺ NSPCC Let's keep kids safe online
www.o2.co.uk/help/nspcc
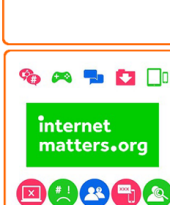
internet matters.org
www.internetmatters.org/technologies/parental-controls.html

Digital Parenting A parent's guide to gaming. Coping with online peer pressure. What is digital resilience? And why is it so important to your child's future?
www.vodafone.com/content/digital-parenting/learning-and-fun/digital-parenting-magazine.html

Highly Recommended

Laptops, Desktops and things with keyboards...
These devices bring all sorts of great opportunities

☐ Don't be put off by the technology - remember Knowledge v. Wisdom (what would we do if the technology wasn't involved ?)
☐ Agree some ground rules - set out your expectations (and why). e.g. when can they go online and for how long (don't forget, most gaming consoles now use the Internet as well) ?
☐ Talk to your child about the online world - what do they like, what worries them and what to do if something goes wrong
☐ Get your child to talk to you - Not confident? Don't know your Tweets from your Snaps? Consider a 'role swap' and let your child become your teacher to increase your own knowledge
☐ Consider parental controls - solutions don't need to be technical but filters on the home internet connection can help to screen inappropriate content
☐ Don't jump to conclusions if something goes wrong - we all make mistakes. Some sites/apps may include 'clickbait' in order to generate advertising income.
☐ Ensure privacy settings are set up on apps/sites and gaming consoles - there are often more options than typically thought but remember we still need to be careful what we share
☐ Keep an open dialogue - problems often go unreported for fear of losing access to the technologies they treasure

and finally...
☐ DON'T FORGET THE POSITIVES - whilst the use of technology brings potential risks, it is part of our world and also provides immense opportunities and benefits

in partnership with

Lancashire Safeguarding Children Board

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Know who online 'friends' are

Ask your child to teach you about their online world

Be careful about what you share

Set expectations and time limits

Understand not everything online is true

Know how to report problems on Social Media

Know how to block unwanted callers

Check security settings are in place

Make sure you have an Anti-Virus program

Consider using home broadband filters

Check age ratings on games