

Online Safety by Ms K.Sopidi

Parents' Guide for Online Tuition

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Are you worried your child knows more about the internet than you do?
Not very confident to monitor online activity?
No need to be an expert to help.

Use this guide because

- your child or young person spends a lot of time online
- all your family and friends use the internet
- your child or young person needs you to be involved and supportive
- the online risks are more than you actually know

How to help - Identify protection strategies

- Report harmful and inappropriate material to host websites when you see that
- Discuss how to minimise use, password protect or turn off in-app purchases.
- Install software to filter out harmful and inappropriate content (parental controls)
- Use time settings to control duration of online activity
- Explain what is or isn't allowed (ie no personal info to strangers, e-purchases)
- Monitor/supervise online activity
- Get and give support on how to block and report people when needed
- Explore content with your child or young person and agree on boundaries
- Manage privacy settings to restrict sharing and who can view content
- Increase resilience and trust by talking regularly with your child and support your child to talk with others about e-safety

Resources you need to be a cyberhero

The free NSPCC and O2 online safety helpline on 08088005002 can help you keep your child safe online, including giving advice about parental controls, social media networks and reporting inappropriate content.

A communicative approach is always helpful, have conversations with your child or young person about online activity and most importantly be welcoming and build trust.

Websites

- <https://www.net-aware.org.uk/>Be informed
- <https://www.nspcc.org.uk/>Stay connected
- <https://www.thinkuknow.co.uk/>Find resources
- <https://pegi.info/>Understand gaming
- <https://www.ceop.police.uk/>Speak to the Police
- <https://www.childline.org.uk/get-support/>**Get support if you are a child**