**Useful links**

* Vodafone Digital Parenting: [www.vodafone.com/parents](http://www.vodafone.com/parents)
* Parents in the Digital Age: <http://www.pitda.co.uk/>
* The Parent Zone: <http://www.theparentzone.co.uk/parent>
* Childnet International: [www.childnet.com](http://www.childnet.com/)
* Parental controls: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>
* ParentPort: [www.parentport.org.uk](http://www.parentport.org.uk/)
* Child Exploitation & Online Protection Centre: [www.ceop.police.uk](http://www.ceop.police.uk/)
* ThinkuKnow: [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)
* UK Safer Internet Centre: [www.saferinternet.org.uk](http://www.saferinternet.org.uk/)
* BBC Webwise: <http://www.bbc.co.uk/webwise/0/>

**More parental support:**

**Safe internet searching:**e.g. Google Safe search and lock/YouTube filter: [www.**google**.co.uk/familysafety](http://www.google.co.uk/familysafety)  
Set up filtered searching on all devices in the home*:* <http://www.opendns.com/parental-controls>  
Consider purchasing Net Nanny or similar: http://www.netnanny.com

***Limit computer access***

Search for **Windows Parental Controls** (In Windows 7 you can set limits on your child’s computer use—and help them be safer online—without constantly peeking over their shoulders).

***Facebook***  
Search for **Family Safety Centre** - learn how to adjust settings.  
A parent guide to facebook: <http://www.connectsafely.org/pdfs/fbparents.pdf>

***Mobile phones and Game consoles:***Search for ‘parental controls’ for the device name within Google.

**Top Tips for parents:**

1. Be involved in your child’s online life.
2. Keep up-to-date with your child’s development online
3. Set boundaries in the online world just as you would in the real world.
4. Consider the use of parental controls on devices that link to the internet, such as the TV, laptops, computers, games consoles and mobile phones.
5. Emphasise that not everyone is who they say they are.
6. Know what connects to the internet and how
7. Watch Thinkuknow films to learn more: <https://www.thinkuknow.co.uk/parents>
8. Get the computer out of the bedroom!

**Key Messages to share with your child**

**Never share anything with anyone they wouldn’t want you or their teacher to see. THINK BEFORE YOU POST**

**Make sure they know who to talk to if they feel uncomfortable, upset or worried**

**Never communicate online with anyone they don’t know AND TRUST in the real world**

**Keep personal information private**

**Don’t send anything to anyone you wouldn’t want to receive yourself and don’t share other people’s content.**

**Content**Be careful which sites the rest of the family visit  
Tell your child not to fill out online forms  
Talk to your children about validity of sites when researching – anyone can create a website

**Social networking/chat rooms/Gaming**

Talk to them about digital privacy

Talk to your child about ‘friends’ – someone they ‘meet online’ is NOT a friend

Decide what **PEGI rating games** you will allow them to play and make sure they are aware (be aware that extreme gaming may be a safeguarding issue)

**Cyberbullying:** Talk to your children about **cyberbullying and cyberbullies**

- always respect others – legal age responsibility - 10  
- treat your passwords with care  
- block/delete contacts & save conversations  
- don’t reply/retaliate  
- save evidence  
- make sure you tell

* Report the cyberbullying  
  - school  
  - service provider  
  - police

**Mobile phone:** Know how your child’s **phone** works

Does it have GPS tagging to photos?

Does it have parental controls?   
(e.g. Can you block them from uploading images if necessary).

Does it access the internet? Can it upload images?