

Online Safety Guide

Children's use of the internet is becoming more mobile and interactive offering young people more opportunities to interact and meet new people, so it's never been more important to make sure you are helping your child stay safe in the digital world.



**15 hours
a week**

Children's internet use has reached record highs. 5-15 year olds spend 15 hours a week online



The number of children with a social media profile doubles between the age of 10 and 11. 43% of 11 year olds have a social profile



44% of 5-15 year olds have their own tablet and together with smartphones are the most popular for going online.

Get in control of parental controls



If using a smartphone, check content lock is set



Set parental controls on your home broadband



Control app downloads and purchases



Make the games console safe and secure



Use safety mode on YouTube and Google



If using social networks, check privacy settings

Go to internetmatters.org/controls for step-by-step guides

Managing privacy settings on apps

11-15 year olds use on average 5 different websites and apps to communicate with friends at home, the most popular being Instagram (60%).



Whatsapp



Snapchat



Instagram



YouTube

If your child is using these networking sites and respective apps, get up to speed on how they can manage their privacy settings with our "How to guides".

Go to internetmatters.org/back-to-school to download our "How to guides".

Helping parents keep their children safe online.

internetmatters.org

Online safety tips for parents of primary school children 6-10 Year Olds

Checklist

✔ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

✔ Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

✔ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

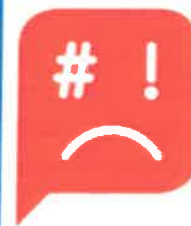
✔ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

✔ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

internet
matters.org

*Source: © Internet Matters 2015. All rights reserved. Commissioned by Internet Matters for Operation Lighthouse

Online safety tips for parents of 11-13 Year Olds

Checklist

- Put yourself in control**
Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.
- Agree boundaries**
Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.
- Have a conversation**
The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

- Check if it's suitable**
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.
- Get them clued up about social networking**
Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

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Source: Conducted by Dwyer Research on behalf of Internet Matters Ltd. Online survey of 1,000 children aged 11-13. Data correct at time of survey.

Online safety tips for parents of teenagers

14+ Year Olds

Checklist

Adjust controls
Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

Keep talking
Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

Privacy matters
Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



Manage their online reputation
Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

Stay safe on the move
Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

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