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

2x

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%

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.

internet matters.org

Get familiar with regular conversations

- Start a conversation when your children will be more receptive and engaged, such as on the way to or from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and encourage them when they share their online experiences with you
- If your child talks about an issue with you, stay calm and listen without judging them

Check they know the rules

- Don't share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element
- Explain that people they meet online might not be who they say they are
- Tell them to be a good online friend and not to say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Make sure they check with you before downloading any programs to avoid viruses

Key issues you may want to discuss



Cyberbullying

Prevention is always better than the cure when it comes to this issue. Help your child understand the consequences of what they share online and encourage them to be "kind online". If they are the target of cyberbullying, be sure to keep all messages as evidence and block the bullies on social networks.

For more advice about cyberbullying visit internetmatters.org/issues/cyberbullying



Sexting

There are many reasons why young people get involved in sexting; exploring sex and relationship or pressure from a partner or friends. Having an open and honest conversation about it can help them understand the implications of sending a nude image and highlight that it is illegal.

If your child has sent a nude image and it has been put online; report it to CEOP and contact Childline who can help you get all known copies removed from the internet internetmatters.org/issues/sexting

Want more help?

For step by step guides and advice go to internetmatters.org

To report an issue around a sexual image of a child visit ceop.police.uk/Ceop-Report/

Statistics were sourced from: Ofcom's Children and Parents: Media Use and Attitudes report 2016, Techknowledge for Schools: How Children use Mobile Devices at School and at Home report 2015.