Community TechAid

Staying Safe Online

The following document provides some guidance on how to keep you and your family safe when using the internet on devices such phones, laptops and tablets.

Software Updates:

One of the most important things you can do to keep your device safe is ensure that you install updates when required. Most devices will alert you when you need to install an update. You can read more about keeping your device secure **here.**

Parental Controls

One of the first things you can do is to activate 'Parental Controls' on your device. These controls enable you to monitor your child's internet use and prevent children accessing inappropriate material.

Click **here** to find out how to set up parental controls for different devices, browsers and websites (including YouTube and Netflix). You can also contact your internet provider to block certain material at specific times of the day.

Educational Games and Advice from 'Thinkuknow'

'Thinkuknow' provides information specific to situations and age groups. Including educational videos you and your child can watch together. They also have online educational games about how to use the internet safely.

Click **here** to find out more.

Tips on internet safety for young children

Below are a few things you can do to create a safe environment online:

Explore together

Explore your child's favourite apps and websites with them. This can be a fantastic way to find out what your child enjoys doing online, as well as having fun and learning together.

Talk to your child about their online experiences

Start and continue regular conversations with your child about what they enjoy doing online, introducing online safety messages. These conversations can be a great way to reinforce the message that if your child sees anything online which makes them feel worried, they can tell you or another adult they trust.

Supervision

Supervision for younger children can be a great way of keeping them safe. Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult can supervise. It is advised that children under 10 should not access the internet unsupervised in private spaces, such as alone in their bedroom or bathroom.

SafeSearch

The use of 'SafeSearch' is recommended for use with young children. Most web search engines will have a 'SafeSearch' function, which allows you to limit the material your child can see when they're online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog. ⚙ It is important to understand that no 'SafeSearch' function is 100% effective, and this cannot be used alone to protect your child from being exposed to age inappropriate material.

Set boundaries

As a family you can agree to a set of rules, such as locations in the house where devices can be used, times of day your child can use devices, or which age appropriate apps or websites they can access. On devices you do not wish your child to access, use passwords and keep these out of reach of your child.

Lead by example

Modelling the digital habits you expect from your child (for example, no tablets during meal times) can be an effective way of supporting young children to develop their own positive digital behaviours from an early age.

Resources for you and your child:

Staying safe online (for parents and guardians):

Childline - Staying Safe Online

NSPCC - Online Safety

Lambeth Safeguarding

SafeCIC - Crisis Hub

Internet matters - Parent Online Support Packs

Support for parents and carers to keep children safe online

Digital literacy learning:

BBC Bitesize - Keeping Safe Online

BBC Go The Distance - Digital Literacy

Good Things Foundation

Open University - Digital Literacy

[Idea - Free Courses](#)

Reporting

If you come across content that you feel is unsafe or you and or a family member has experienced abuse online you can report them here:

[UK Safer Internet Centre - to report and remove harmful online content](#)