

# Online safety tips for parents of pre-school children 0-5 Year Olds

## Checklist

- Put yourself in control**  
Make use of the parental controls available 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](http://internetmatters.org).
- Search safely**  
Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://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](http://google.co.uk/safetycentre).
- Set boundaries**  
It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a communal area, keep other devices out of reach and use passwords so they can't go online without asking you first.

**Children can now have a digital footprint before they learn to speak and often before they're even born.**

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

Pre-school children are online for an average of 71 minutes a day\*

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Over half of 3-4 year olds use tablets\*

- Explore together**  
Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.
- Help them learn through games**  
Games are a great way for young children to explore the internet and learn about the world around them. You can choose safe, fun and educational games free of charge from providers such as Fisher Price or about their favourite characters like Peppa Pig.

**internet  
matters.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](http://internetmatters.org).
- Search safely**  
Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://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](http://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.

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



- 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.

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

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## Learn about it:

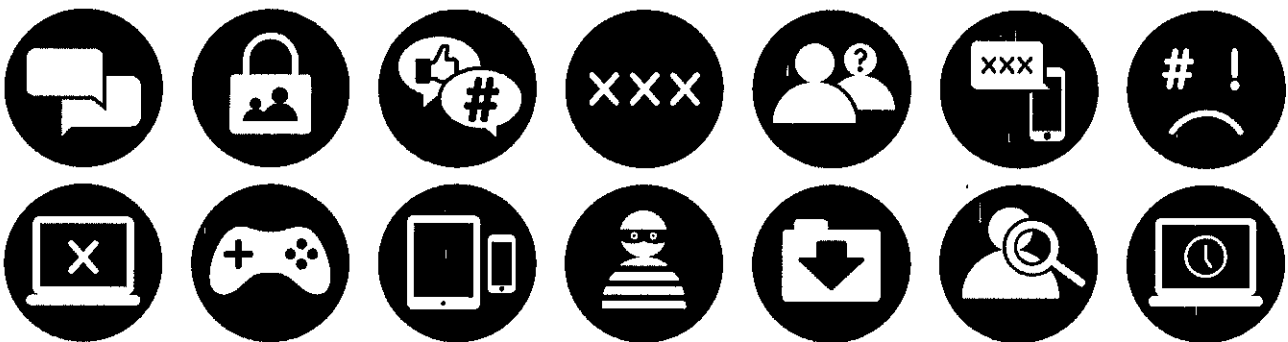
Teach your child some simple rules

- Make sure your child knows not to 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 like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

## Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home 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 praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

### Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at [internetmatters.org/ageguide10-13](http://internetmatters.org/ageguide10-13)

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matters.org**

# 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](http://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.

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

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**internet  
matters.org**

## Learn about it:

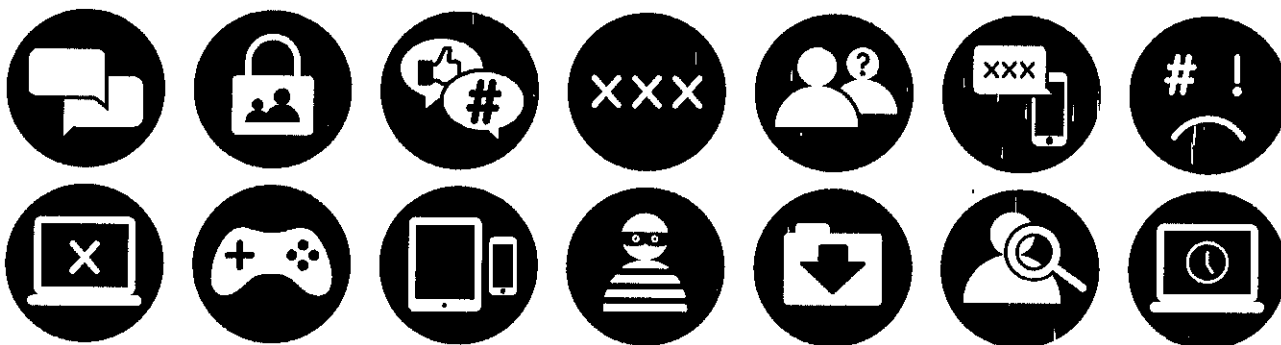
Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family on social media sites and in chatrooms
- Use privacy settings wherever they exist to keep their information private
- Don't arrange to meet people in real life that they've only talked to online
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Don't post things online that they wouldn't want you to see

## Talk about it:

Tips for a meaningful conversation

- 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 praise them when they share their online experiences with you
- Make sure they know how to block abusive comments and report content that worries them
- If your child comes to you with an issue, stay calm and listen without judging them
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, your child's online reputation and online grooming.

### Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online – find out more about the latest apps at [internetmatters.org/apps](http://internetmatters.org/apps)

**internet  
matters.org**