



Online Safety – A parent's guide

Frewen Educational Trust

So, how do you enable your children to benefit from technology while staying safe?

Here are four key things you should consider doing at home:

1. Educate

Educate yourself

Go on Facebook, Twitter, Instagram, Snapchat, Vine, Tumblr, Pinterest and Pheed to find out what they are all about.

Educate your children

Talk about what you should and shouldn't

- **share** - your name, address and any personal information
- **say** - anything you wouldn't say to someone's face or that could be unkind
- **do** - e.g. arrange a face to face meeting with someone you 'met' online

Make sure your children understand that their 'digital footprint' can be seen by school, universities, colleges and employers in the future so it's important to exercise caution now.

2. Monitor

As far as you can, engage with your children and talk about what they are doing online. Younger children should only use the internet when they are in a family area and you can keep a constant eye on what they are doing. As they get older they will demand more privacy, but it's important to stay interested. Ask them to show you their social media feeds, share yours with them, 'follow' or 'friend' them (for as long as they will let you!) and keep the lines of communication open.

3. Protect

There are filtering systems available that will block unsuitable content. Some are free, others you can buy (see below for links). Filtering can be very effective but no system is 100% fool proof, so education remains key.

4. Support

We all make mistakes, particularly when we are young. Be approachable. Make sure your children know they can talk to you if something goes wrong. And make sure you know what to do if it does. Most sites now have 'report abuse' buttons where you can report inappropriate behaviour.

Our guide to the best Online Safety resources:

<p>Free-of-charge filtering products:</p> <p>Norton Family: https://onlinefamily.norton.com/familysafety/loginSt art.fs</p> <p>Microsoft Live Family Safety:</p> <p>Windows 7 and below: http://windows.microsoft.com/en-gb/windows/set-up-family-safety#set-up-family-safety=windows-7</p> <p>Windows 8 and above: http://windows.microsoft.com/en-GB/windows-8/family-safety</p>	<p>Videos and Resources</p> <p>Primary:</p> <p>Think U Know: https://www.thinkuknow.co.uk/parents/Primary</p> <p>Child Focus E-safety video: http://www.youtube.com/watch?v=d5kW4pl_VQw</p> <p>Childnet: http://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew</p>
<p>Paid-for filtering products:</p> <p>Esafe protect@home: http://www.esafeeducation.co.uk/forhome.php</p> <p>Norton Family Premier: https://onlinefamily.norton.com/familysafety/basicpremium.fs</p>	<p>Secondary:</p> <p>Think U Know: https://www.thinkuknow.co.uk/parents/Secondary</p> <p>Cyberbullying toolkit: http://www.common sense media.org/educators/cyberbullyingtoolkit</p> <p>Childnet International e-safety activities: http://www.childnet.com/resources/know-it-all-secondary-toolkits</p>
<p>Links:</p> <p>CBBC Stay Safe: http://www.bbc.co.uk/cbbc/topics/stay-safe</p> <p>Childnet: http://www.childnet.com/parents-and-carers</p> <p>Family Lives: www.familylives.org.uk</p>	<p>CEOP 'Consequences' video: http://www.youtube.com/watch?v=hK5OeGeudBM&safe=on</p> <p>CEOP 'Where's Klaus' video: http://www.youtube.com/watch?v=IOOn2wR8bU&safe=on</p> <p>Let's Fight It Together: http://www.digizen.org/resources/cyberbullying/films/uk/lfit-film.aspx</p>