

Online Safety Tips for parents:

The online world can be an amazing tool for you and your family to use, if used correctly. Here are our top tips:

01

Passwords and privacy settings matter.

Encourage your child to choose strong passwords and never share them with anyone else. This password should include letters, numbers, upper and lowercase and sometimes a special character '!@£\$'

03

Devices.

Whether it's a mobile phone, computer or xbox all devices that connect to the internet need to regularly updated and have security protection installed on them.

Learn more at:

www.castlehall.com/online-safety/e-safety/

www.thinkuknow.co.uk

www.saferinternet.org

www.internetmatters.org.uk

www.nspcc.org.uk

www.ceop.police.uk

02

Be involved.

Have open discussions and conversations with your child about what they are doing online. Talk to them about staying safe, who they should accept friends requests from, how to share responsibly online. Be their friend online. Check the age ratings of the sites your child is using.

04

Parental Controls.

They are designed to help you manage your child's online activity. There are various types, some of which are free but others which can be bought.

Go to the Internet Matters website, www.internetmatters.org, to access an online tool which gives you a chance to set up a personalised list of the controls used in your home on different devices and detailed instructions on to how to set them up.

05

Reporting concerns.

If you are concerned your child is being groomed or sexually exploited online you need to report your concerns to CEOP.

If you are worried about your child's communications online report using the social media sites reporting tools and block the account.





KEEPING YOURSELF SAFE ONLINE



01. Keep personal info to yourself

Everything can be made public on the internet, so avoid spreading personal information. Make sure your accounts are set to private and your profile picture is not

02. Turn off your location settings

Turn off your location services in social media apps. Your apps can be used to track you. Make sure that you restrict other people's access to your location.

03. Be mindful of what you are posting

When posting online you leave a digital footprint of posts, shares, pictures, which even if you delete them leave their mark. Make sure you don't share anything you wouldn't want your parents to see or a future employer.

04. Be wary of your "friends"

It's easy to lie online, so make sure who you're talking to is truthful about themselves and that you know them in real life!

05. Stay safe!

Get a good strong password and don't share it!
Make sure you have antivirus software and all devices are updated.



LET'S MAKE THE INTERNET SAFE FOR ALL!