Parents Online Safety Information

O₂ ☺ NSPCC Let's keep kids safe online	**NSPCC/O₂ Parents Online Safety Helpline** Free service to give advice to parents. The helpline is available 24 hours and can help you to set up devices, explain how to have conversations about issues with your children or give you advice on actions to take if an incident happens. Also, book an appointment with an O₂ Guru. Tel: 0808 8005002
NSPCC	**NSPCC Online safety webpage** Comprehensive information and advice for parents and carers including technical tools, reviews of apps, conversation starters. https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
internet matters.org	**Internet Matters** Advice for parents of children of all ages – learn about it, talk about it, deal with it www.internetmatters.org/
common sense media	**Common Sense Media** Detailed reviews of games, websites and apps with the aim of helping parents make informed decisions about whether they are suitable for their children https://www.commonsensemedia.org/
ask about games From The VSC Rating Board	**AskAboutGames** Joint venture between Video Standards Council and the games industry trade body, AskAbout Games can answer questions about age ratings, are looking for tips about safe and beneficial play, or want to discover the best games to play. http://www.askaboutgames.com/
	Safe Schools and Communities Team (Dorset) Advice and links about different issues relating to young people including internet safety https://www.dorset.police.uk/neighbourhood-policing/safe-schools-team/

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Consider using Parental Controls on broadband and mobile phone data. All major companies should provide this free of charge and it can be set up using your online accounts. Be aware of the limitations in that parental controls will only block content that flags itself about being inapproriate. It is also possible to switch the Wifi off at certain times or limit it to certain connected devices.

Consider controls on devices - laptops, phones, tablets, games consoles, handheld game devices, TVs, smartspeakers. These controls can limit the times the device can be used, whether apps/games can be downloaded, the internet can be accessed or purchases made. Apps are also avilable that provide similar controls on devices. It can be helpful if children have their own profile or device. Note that these controls become less useful as children get older.

Check privacy settings on websites and apps. Ensure that any social media, games or apps are set to the appropriate privacy setting to prevent unknown or inappropriate people from viewing or contacting children and young people – this can be found under Settings in most websites/apps. Often the default setting for these types of account is public meaning that everyone can see content, including pictures and videos. Also check that locations are not being shared under GPS or Location Services settings.

Talk, talk, talk. The most important thing for parents and carers is to have lots of conversations with their children and young people about what they are using, how these games/website/apps work, why they enjoy them, who else is using them etc. In this way they may be able to identify any risky content, inappropriate contact or conduct at an early stage.

Develop your knowledge. Understand how the different apps, website and games work (see the websites on the other side of this sheet). Help them to use the tools available on each account or app such as blocking and reporting.

Agree within the family how and when devices can be used by adults and children - if possible write this down and stick it on the fridge. This should include how devices will be monitored and what sanctions will be if the agreement is broken.

Dealing with an incident. Get advice from the NSPCC website or helpline about the best course of action. Minor fall outs between friends online may be able to be sorted out without involving others. Know how to report online, but also when to report to school or police if your child has a problem.