

KEEPING MY CHILD SAFE ONLINE

Technology can be both brilliant and scary with the number of apps, games and websites ever-increasing and evolving. Keeping up with them is hard work especially when you have children to worry about. To ease some of your worries, we've put together a helpful list of things you can do to control your child's online security and make sure technology is a force for fun creativity and enjoyment.

Passwords: Educate your child to never give out identifying information about any family member or themselves, this includes: names addresses, passwords or bank numbers.

Personal Information: Encourage your child to tell you if anyone is pressing them to share personal information

Learn first-hand: Have a go at using some of the technologies your child enjoys. If you haven't already, set up a Facebook profile, play a game on their games console or download the latest trendy app.

Rules: Establish some rules about which apps and websites your child can access, who they can contact and how they should be behaving when using the internet.

Parental controls: Set up parental controls on their smartphone or tablets so you can block access to inappropriate content and put time limits in place.

Location: Consider whether you're happy for your child to share their location services with others via Bluetooth and location services within apps. Have a chat about privacy tools that are available on services like Facebook, Snapchat and Instagram.

Privacy: Encourage your child to check the privacy settings on their social media and blogs so that they are only sharing information with their friends.

The Billboard rule: Remind them that the internet is a public place and anyone can see what they post. They should use the billboard rule – if they wouldn't want that photo, comment or post put up in a billboard for the world to see they shouldn't post it.

Digital Footprint: Frequently check your child's digital footprint by searching their name via Google. It's worth doing this together to promote honesty and trust and to encourage them to do this themselves every so often.

Child's Friends Parents: Talk to your child's friends' parents. Let them know the online safety rules in your house to prevent another parent allowing them to do things they can't at home. It's also nice to speak to other parents that may be worried about similar things to you and creating that platform for discussion and sharing of ideas can be a great tool.

Stay up to date and keep your child safe in today's digital world by going to www.net-aware.org.uk