



Internet Safety: Information for Parent Carers

For most young people, their experiences and interactions online are positive. However, with such a range of different devices capable of providing access to the internet (e.g. desktop computers, laptops, tablets, mobile phones, games consoles) it is wise for parents to ensure that safety online is considered when setting up devices and when devices are being used.

Tips

Some simple techniques can help protect use of the internet and social media. Below are some tips to stay safer online

Security

You should:

- install security software to keep most viruses out
- get updates to reduce the ability of hackers and criminals to access to your data
- use complex passwords with no personal connection
- back up your data

Social media

You should:

- take phone number, address and date of birth off social media
- use complex passwords with no personal connection
- check privacy settings
- be careful what personal pictures are shared with others
- only accept social networks from people you know and trust

Shopping online

You should:

- make sure there is a secure symbol, usually a padlock  <https://> when making a payment
- check there is a postal address, by law all traders must provide this
- use a credit card to pay as these have insurance for purchases over £100

Mobiles and other devices

You should:

- use key pad lock password or pin
- register your device
- record your serial number which will help you report if your phone is lost or stolen
- insure your phone in the event of theft or damage

- use a 'find my phone' app
- restrict alternative WiFi connections which can be a security risk

Useful websites

The sites below provide a wealth of information and guidance about online safety:

www.internetmatters.org

Comprehensive and credible resources, information and support to keep safe online

<https://parentzone.org.uk>

Help for parents on how to keep children and young people safe online

<https://educateagainsthate.com>

Practical advice for parents, teachers and governors on protecting children and young people from extremism and radicalisation

<https://www.net-aware.org.uk>

Advice for parents

<https://www.common sense media.org>

Independent reviews, age ratings and other information about all types of media for children, young people and their parents

<https://www.getsafeonline.org>

A website providing practical advice on how to protect yourself, your computers and mobile devices against fraud, identity theft, viruses and many other problems encountered online.

<https://oursafetycentre.co.uk/safetycards>

A series of one-page guides to staying safe on some of the most popular online platforms.

<https://www.learningdisabilities.org.uk/learning-disabilities/publications/staying-safe-social-media-and-online>

A guide to staying safe online, featuring advice on dealing with online abuse, as well as lots of advice on privacy and safe social media use.

www.ceop.police.uk

The Child Exploitation and Online Protection Centre (CEOP) are part of the National Crimes Agency (NCA) and specialise in investigating grooming and sexual abuse online. Their educational website www.thinkuknow.co.uk has a specific section with advice for parent carers.