

SWITCHED



To your children's
online world

As a parent,
there's so
much to
remember in
the summer
holidays

Make sure online
safety is one of them

All the information and advice you need to
help keep your child safe online.

Visit www.getsafeonline.org/switchedonparent



www.getsafeonline.org



MERSEYSIDE
POLICE

Make this summer a safe one online for your kids

The summer holidays will be here before we know it and, as a parent, there's always so much to think about when it comes to keeping your kids safe ... at home, at the park, on the beach...

... and online

Just as you protect your children from grazed knees, going too near busy roads and stranger danger, you also need to keep an eye on what they're doing online, not least on these long days home from school.

*What's your child looking at?
Who are they talking to?
How long are they spending online?*

You want your child to be safe, but you can't have eyes in the back of your head, and you don't want to be a control freak.

We've put together some top tips to help you protect your child from increasingly commonplace issues such as accessing inappropriate content, various kinds of abuse and sharing too much personal information.

Your online safety checklist



- ✓ Talk regularly with your child about their and your online lives. Show you understand how important technology is to them and talk about all its benefits. Don't be nervous about raising things like responsible behaviour, bullying and adult content.
- ✓ Install reputable parental control software and apps to help ensure age-appropriate online activity and monitoring of your child's internet usage.
- ✓ Guide your family in the digital world in the same way you do in other aspects of life – including not being afraid to set boundaries and rules from a young age.
- ✓ Be aware of changes in behaviour or moods, as it may be a sign that your child is being bullied, harassed or abused online.
- ✓ Try out for yourself some of the technologies your child enjoys. Get them to show you.
- ✓ Try not to rely purely on technology to babysit your child online. Use it to help set limits.
- ✓ Talk to your friends, family and other parents about how they help their children to progress and keep safe online. Exchange tips and share experiences.
- ✓ Social networking and picture sharing sites have lower age limits: find out what they are and make sure your child isn't using age-inappropriate networks and apps.
- ✓ Use parental controls on computers, mobile devices and games consoles, privacy features on social networking sites, and the safety options on Google/ other search engines. Opt into your ISP's family filters.
- ✓ As your child grows up, make sure they're aware of online safety 'basics' like not clicking on links in emails or instant messages, good password practice, not turning off internet security programs/apps and firewalls and not revealing personal information.

Always remember that children are naturally inquisitive ... that's how they develop and learn. Sometimes, as parents, we have to take a step back and remember just how young or old our children are and what is appropriate for people of their age.

For more information, visit www.getsafeonline.org/switchedonparent, where you can find comprehensive, expert advice based on your child's age.

Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by a number of government departments, law enforcement agencies and leading organisations in internet security, banking and retail.



For more information and impartial advice on protecting yourself, your family, your business, your computer and mobile devices while online visit www.getsafeonline.org

BE A **SWITCHED ON** PARENT



www.getsafeonline.org



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