

It can be a challenge to keep up with technology, what kids are doing, and you may feel they have much better digital skills than you do. As a parent or carer your role is vital in supporting them to navigate, manage and recover from online risks.

Use this guide to help you find useful ways to keep your children safe whilst they enjoy the amazing opportunities being online has to offer.

Pan European Game Information (PEGI) rating system



PEGI 3
Suitable for
ages 3+



PEGI 7
Suitable for
ages 7+



PEGI 12
Suitable for
ages 12+



PEGI 16
Suitable for
ages 16+



PEGI 18
Suitable for
ages 18+

Check out the apps, games and sites they are using

Make sure what they're using is suitable for them by finding out more about the app or game and its content. Check out the privacy setting, reporting features and whether it is age appropriate for your child.

Age ratings

Online games, movies and even apps will have an age rating to keep children safe. Talk to your children about the purpose of age limits and any concerns you may have. Agree together the websites, apps and games they can use.

Make use of parental controls

Parental controls can be used to block harmful or inappropriate content, manage the time your child spends online, monitor activity and restrict in app purchases.

Encourage to 'think before you post'

Remind your child that what goes online can stay online and it is extremely easy to lose control of any content they share. Content posted privately can be shared publicly by others with possible negative and harmful impacts on themselves or others now or in the future.

Report

Support your child to understand the reporting features on the apps, websites and games they use. Encourage them to talk to you and report anything upsetting that they may experience or come across online.

Talk

Most importantly, talk to your child regularly about their life online. Take an interest in what they are doing online, who they are talking to, services they are using and any issues they have had or may be experiencing. Where you can, try to explore the internet together so it is easier to manage and support them.

Useful resources

O2 and NSPCC free Online Safety Helpline

For advice, whether that's how to set up privacy settings or use parental controls, call the free O2 and NSPCC online safety helpline on **0808 800 5002** or email help@nspcc.org.uk

Internet Matters

Host guides on how to set them up for devices, search engines, social media and internet networks internetmatters.org/resources/apps-guide

Childnet

Visit the website for useful resources. In particular the 'My Life Online' conversation guide and online family agreement template. childnet.com/resources/parents-and-carers

Staying safe online

For key online safety information, details of events, training and useful resources for you to access and download. You can also sign up to the free monthly Staying Safe Online e-newsletter. westsussex.gov.uk/staying-safe-online

Online safety checklist

- Discuss and create a family agreement, which includes expectations and boundaries for digital use both for your child and as a family.
- Understand the apps, sites and games they are using – use the guides at the website below to help you. internetmatters.org/resources/apps-guide
- Put in place parental controls to help you filter inappropriate content, manage their online time and restrict in app purchases.
- Understand and help your child manage their privacy settings; talk to them about why it is important they do this.
- Create a family email account for your children to use when signing up to use sites, games and apps.
- Help your child to create and use strong separate passwords for their online accounts and discuss the importance of not sharing these with others.
- Talk about what personal information is and the risks of sharing online.
- Ensure all your family's devices and software are up to date and where possible have security software installed.
- Be aware of the law and how some online behaviours are illegal such as downloading or sharing explicit content.
- Enable your child to know how to block, report and speak to a trusted adult about anything they come across or experience that is upsetting online.

The Child Exploitation and Online Protection Centre (CEOP) helps keep children safe from online grooming and sexual exploitation. ceop.police.uk

