# e-Safety Guide for Parents

The Mount School

All children at The Mount from Year 1 upwards have undergone age appropriate e-Safety work this half term. However, most of their computer fun takes place at home and we know how difficult it can be to keep your children safe on-line. Hence we've put together some key action points to help your son or daughter enjoy their digital world and stay safe and responsible at various ages. These are by no means definitive checklists (the digital world is far too fast moving to promise that!) but we hope it's a good starting point.

## Under 5 checklist

- ✓ Set boundaries now – it's never too early to set the limits for the amount of time they spend on a computer
- ✓ Keep your mobile out of reach and ensure you have passwords setup for times when your child may use it
- ✓ Check the age ratings on apps before downloading
- ✓ Explain your technology rules to grandparents
- ✓ Explore websites such as www.thinkuknow.co.uk or www.kidsmart.org.uk with your child.

## 6 – 9 checklist

- ✓ Create a user account for your child on the family computer and make the most of Parental Controls and tools such as Google SafeSearch
- ✓ Agree a list of websites they're allowed to visit and information about themselves they shouldn't reveal on line
- ✓ Decide time limits for games consoles or iPad use
- ✓ Consider what older siblings might be showing them on the internet
- ✓ Familiarise yourself with age ratings on games and apps so they are only accessing age-appropriate material.
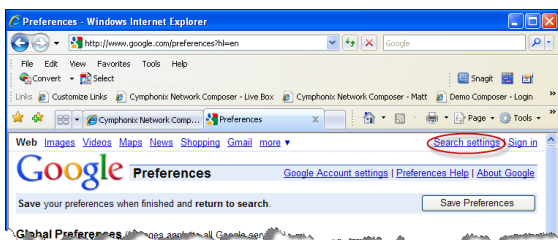
## 10 – 12 checklist

- ✓ Set boundaries before they get their first mobile or games console
- ✓ Talk about what they post and share online – comments and photos all form their 'digital footprint' and stay on the Web forever
- ✓ Discuss the kinds of things they see online – curiosity may lead to searches about changing bodies for example
- ✓ Remind them that the minimum age for Social Networking is 13 and make sure other parents are on the same page
- ✓ Remind them to behave online the way they would face-to-face.

## 13+ checklist

- ✓ They're not too old for boundaries and time restraints – ensure it doesn't take over 'real-life' or interfere with school work
- ✓ Talk about how they might be exploring issues related to health, wellbeing or body image online – they are likely to come across inaccurate information or upsetting images at a vulnerable time
- ✓ Remind how to behave towards others
- ✓ Discuss downloading and plagiarism so they understand what's legal
- ✓ Adjust the Parental Controls in line with their age and maturity
- ✓ Make the most of parental controls on computers, mobiles and games consoles privacy settings on social networking sites, and safety options on Google
- ✓ Make digital issues part of everyday conversation – talk about the benefits of technology but don't shy away from the difficult subjects too

*Taken from Vodafone Digital Parenting Special Edition. See www.vodafone.com/parents or Mrs Lawrence for more information.*