**Working together
to keep children safe**

Online Safety

Information and advice
for parents and carers

Being safe online

No matter their age, children and young people will access the internet. We want to support you to find out more about what your children might be doing online and give you some simple and practical advice on how to keep them safe.

As a parent or carer it's important for you to discuss with your child the benefits and risks of the internet.

Here are some top tips for supporting your child to stay safe online.

0 to 10 year olds

- **Be in control:**
  Make use of parental controls available on your home broadband.

- **Set boundaries:**
  Be clear about when and for how long your child can use the internet.

- **Share internet time:**
  Take the opportunity to go online together, this will be a good opportunity for you both to learn.

- **Communal area:**
  Ensure the computers /devices are in a communal area that everyone uses.

- **Check if it's suitable:**
  Age ratings come with some games, apps, films and social networks and this should guide you into what is age appropriate for your child.

11 to 15+ year olds

- **Be in control:**
  Make use of parental controls available on your home broadband and where necessary monitor internet activity.

- **Set boundaries:**
  Be clear about when and for how long your child can go online and what sites they can visit and what information they can share.

- **Have a conversation:**
  Talk to your child about what they are using the internet for, what sites they are visiting and the potential risks.

- **Check if it's suitable:**
  Age ratings come with some games, apps, films and social networks and this should guide you into what is age appropriate for your child.

- **Be social network aware:**
  Have a chat with your child about the benefits and risks of social networking, and what information they are sharing online.

Useful links for parents

www.internetmatters.org
Helping parents keep their children safe online.

www.thinkyouknow.co.uk
This website is brought to you by the Child Exploitation and Online Protection (CEOP) Centre and contains loads of information on how your child can stay safe online.

All the hot topics are covered, including:

- **mobiles**
- **online**
- **chatting**
- **blogging**
- **gaming sites**

Your child can also report anything if they feel uncomfortable or worried about someone they're chatting to online.

More useful links

www.childnet-int.org

www.kidsmart.org.uk

www.iwf.org.uk

www.ceop.police.uk

www.childprotectionsouth lanarkshire.org.uk

This leaflet has been produced by South Lanarkshire Child Protection Committee, with acknowledgement to North Lanarkshire Child Protection Committee and **internetmatters.org.uk** for use of their material.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: 0303 123 1015
Email: equalities@southlanarkshire.gov.uk

www.childprotectionsouthlanarkshire.org.uk