Internet Safety for Parents & Carers

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1 Current context

Mass of new media / online services / products / devices. Stay informed and make choices for you and your family.

2 Making this work - not easy!

Attempt to think ahead to your child's next request. What rules will achieve the right balance for you? Keep dialogue open and try to remain interested!

3 Tech preventions

Router-level filtering
Device-level filtering
Apps to control content on children's devices
Social media controls

4 Further points

Most of the time, don't panic!
Questions & Discussion

Current context of Internet Safety

* Flood of systems and unregulated content have permeated into our lives over the last ten+ years.

* A complex environment to navigate, yet do not dismiss your convictions and pursuit of making things work well for your family.

* 'Screen time' is a useful term but does also lack the nuance that we need. Some activities with screens could easily be regarded as very worthwhile and beneficial; many activities might also be thought of as a huge waste of time!

* Physical and mental health are both factors that need consideration when planning for the best everyday balance for our families.

The New York Times

Teenage girls say Instagram's mental health impacts are no surprise.

Oct. 5, 2021
By Erin Woo

CHINA BANS VIDEO GAMES: THE NEW RULES AND RESTRICTIONS ON PLAYING FOR TOO LONG, EXPLAINED
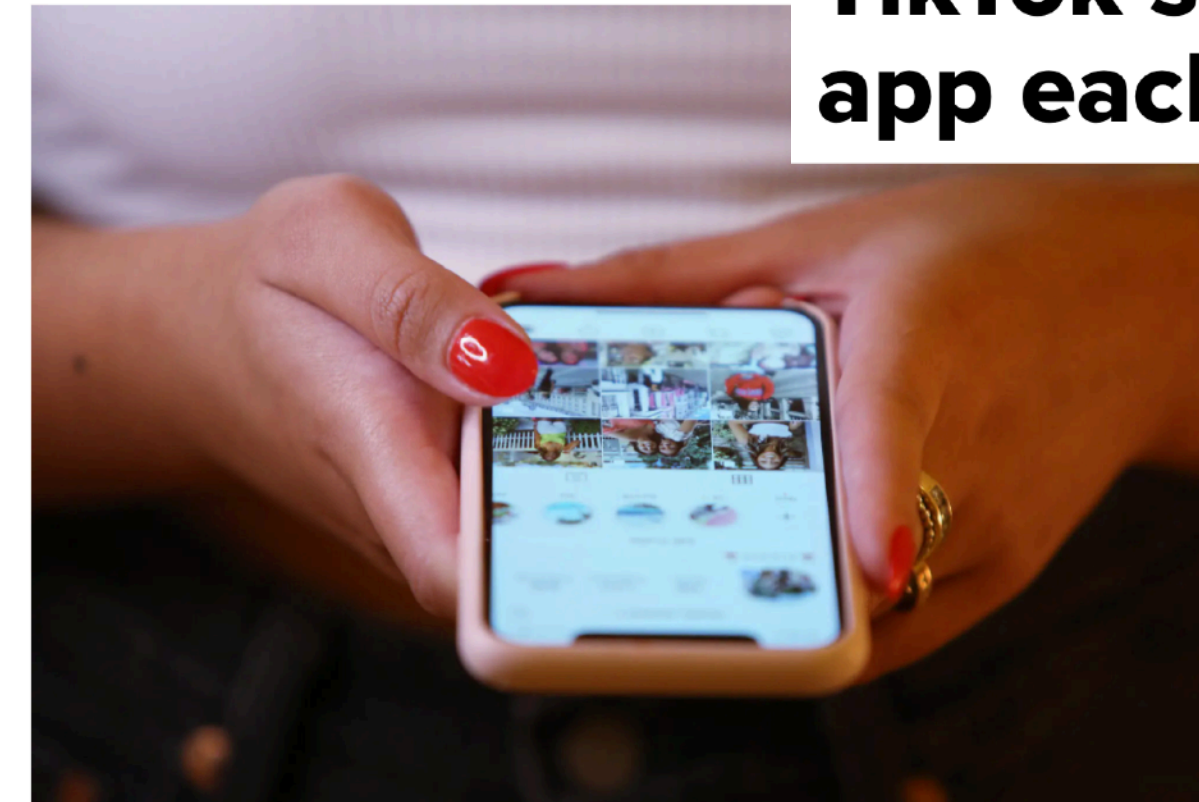
TikTok says 1 billion people use the app each month

Facebook whistleblower Frances Haugen calls for urgent external regulation

Ex-employee tells UK MPs Mark Zuckerberg 'has unilateral control over 3bn people' due to his position

Bill Gates Says This Is the 'Safest' Age to Give a Child a Smartphone Getting a smartphone is the new coming-of-age ceremony. According to the tech billionaire, this is when that should happen.
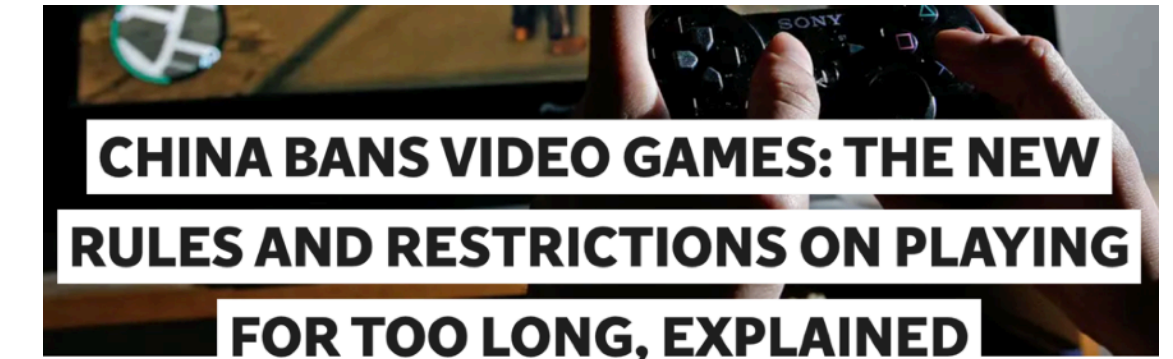
Making it work for your family

* Rules and structure - what is acceptable for your children? What will work well for you and your family to achieve balance?

* Staying ahead of what your child(ren) may be asking about next - it is always worth being in conversation with parents whose children are a little older than your own.

* Stay aware of what your children are doing online - keep the dialogue open and honest if possible.
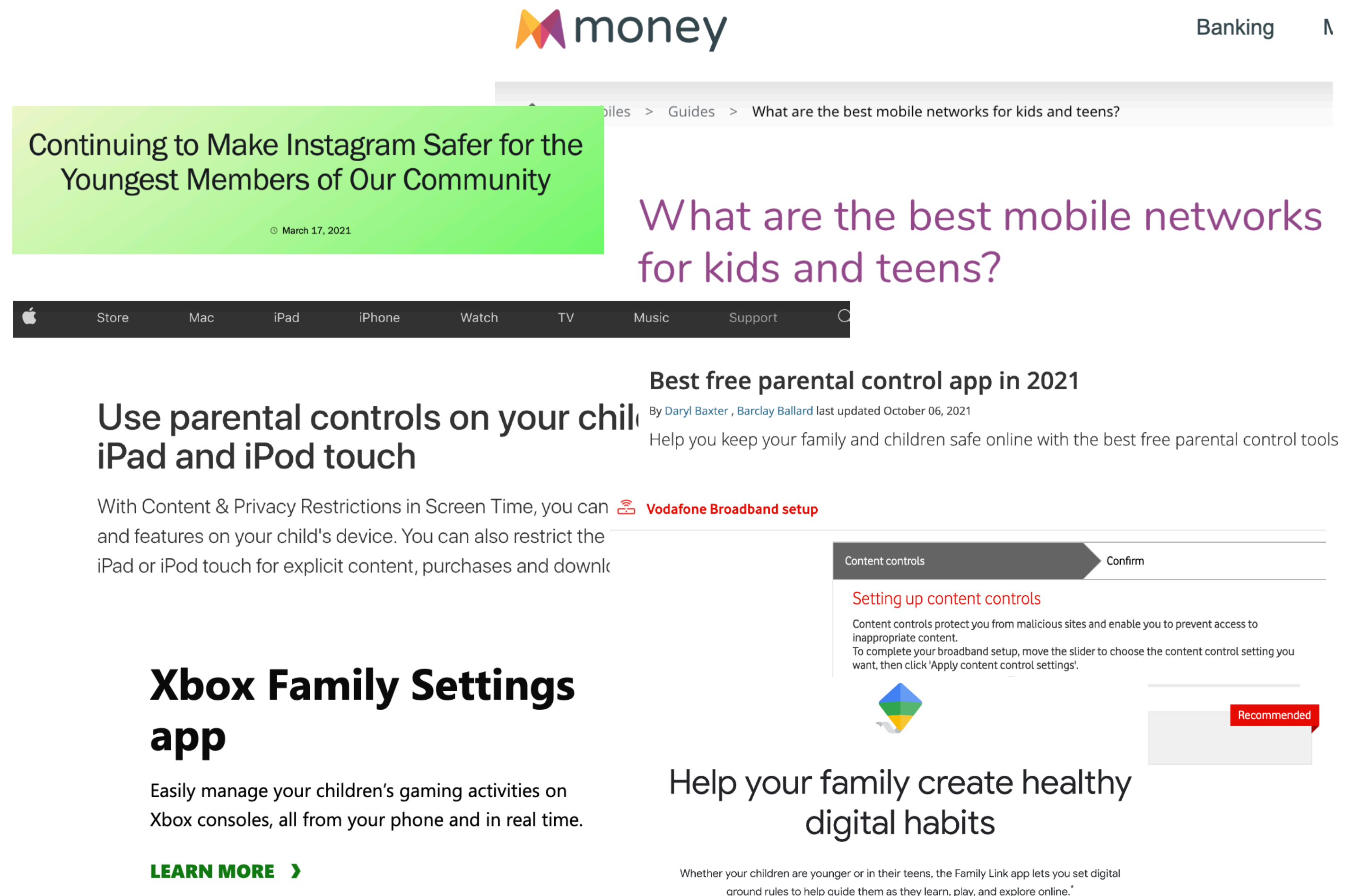
Talking to your child about online safety
Advice on how to start the conversation and get support if you're worried.

common sense media

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Parents' Ultimate Guide to TikTok

Is TikTok safe? How does it work? And can I do a duet with my kid? Everything you need to know about this popular musical singing and sharing app.
By Frannie Ucciferri

Topics: **Celebrity Influence on Kids**, **Digital Citizenship**, **Privacy and Internet Safety**, **Social Media**

Ver en español

Reviews for what your kids are into (before they get into it)

internet matters.org

In partnership with BT

ONLINE ISSUES | ADVICE BY AGE | SETTING CONT

What is TikTok?

Advice | 1:00
What is TikTok?

Helping parents keep their children safe online

EDTECH
Demonstrator Programme

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Department for Education

Tech-based preventions

* There are lots of ways that devices and services can be limited so that children are kept within the boundaries that you set.

* However, as technologies change, updates happen (and children become older and better at finding loopholes!) it is always better to keep children's screen-based activity in-sight... and try to keep it discussed as they get older.

* Filter at the router.
* Filter on an account.
* Filter on the device itself.
* Settings within apps to increase safety.

money

Banking

Continuing to Make Instagram Safer for the Youngest Members of Our Community

March 17, 2021

oiles > Guides > What are the best mobile networks for kids and teens?

What are the best mobile networks for kids and teens?

Store   Mac   iPad   iPhone   Watch   TV   Music   Support

Use parental controls on your chil iPad and iPod touch

With Content & Privacy Restrictions in Screen Time, you can and features on your child's device. You can also restrict the iPad or iPod touch for explicit content, purchases and downl

Best free parental control app in 2021

By Daryl Baxter , Barclay Ballard last updated October 06, 2021

Help you keep your family and children safe online with the best free parental control tools

Vodafone Broadband setup

Content controls   Confirm

Setting up content controls

Content controls protect you from malicious sites and enable you to prevent access to inappropriate content.
To complete your broadband setup, move the slider to choose the content control setting you want, then click 'Apply content control settings'.

Recommended

Xbox Family Settings app

Easily manage your children's gaming activities on Xbox consoles, all from your phone and in real time.

LEARN MORE ❯

Help your family create healthy digital habits

Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules to help guide them as they learn, play, and explore online.*

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Further points and discussion

* Mostly, don't panic! It can be easy to create hysteria and attention on particular services / programmes / games with well-meaning, high-visibility warnings that end up creating further unnecessary attention.

* Expect flare-ups every winter as children and adults spend more time indoors on screen-based activities.

* No one gets everything right all of the time. Setting up regular, healthy routines that allow us to achieve a balance in our lives can be achieved - always be aware of the changes that happen as children get older.

DO NOT PRESS

1. **Talk to your children:** As your kids are going to be indoors a lot more this winter, it's more important than ever to talk to them about their online presence. What websites do they usually visit? Do they have any social media profiles? Are they being trolled? Understanding their online footprint will put you in a better position to help them if they run into trouble.

2. **Remind them of 'Stranger Danger':** Speak to your children about safe internet use; remind them of 'Stranger Danger' and warn them not to send anyone private information, pictures, or videos.

3. **Install parental controls:** These can help reduce the risk of children viewing inappropriate content on the web. They can be used for a whole manner of things such as controlling or blocking access to video games; limiting what children can search online; managing access to social media sites; and requiring parental authorisation to make online purchases.

4. *Maintain trust:* When you install controls for the first time, you may find your kids think you are just out to spoil their fun and you could lose their trust, making it harder to spot signs of trouble. Maintain a dialogue and explain why you have set these rules, while putting in time to review them at a later date.

5. **Remember to be flexible:** As your children's habits change, so will their online behaviour, meaning your approach will have to change too. While tools like parental controls are crucial in the case of younger children, with teenagers, parents need to connect and encourage their them to be open about their online activity.

Digital Learning Cornwall

* EdTech training & guidance, supported by the DfE's EdTech Demonstrator Programme

* Guidance banks of PDFs / documentation / videos

* 1:1 support for school settings

* Free-to-attend online events and training