



### ZIP IT

- Don't speak to strangers.
- Keep your private information to yourself.
- Be kind to people you know.
- Treat others how you want to be treated.
- Keep your password safe.



### BLOCK IT

- Block and report strangers.
- Walk away from people being unkind.
- Think before you click.



### FLAG IT

- Talk to a trusted adult if anything worries you.

# Online Safety Parent Guide

READY RESPONSIBLE SAFE



Great Linford  
Primary School



Aspire



Respect All  
Overcome Challenges  
Open Our Minds  
Take Care  
Speak Kindly

# Year 1

*A quick guide on how to keep children safe online.*



### TALK IT

- Agree house rules for all to follow.
- Chat about what your children like to do online.
- Talk about apps, what age they are for and your concerns.
- Open, calm channels of communication: the car is a good place to start.
- Talk to other parents.



### GUIDE IT

- Install and regularly check parental controls on all devices.
- Check the PEGI age rating of apps or games.
- Control downloads and in app purchases.
- Discuss and check apps and games together.
- Keep devices out of bedrooms.



### MODEL IT

- Don't share your account passwords.
- Explore together to show understanding.
- Model safe and responsible behaviours online.
- Consider what you share online: teach children they have control of their digital foot print. Don't over share your life: a private group is safer than social media.

## App and Set up advice

### Parent Zone

Guides to latest apps and news on the latest worrying trends.



[www.parentzone.org.uk](http://www.parentzone.org.uk)

### Internet Matters

'How to Guides' for researching apps and any safety concerns. Conversation starters about online activity.



[www.internetmatters.org](http://www.internetmatters.org)

### Common Sense Media

Guides on popular App positives and negatives, age guidance on apps.



[www.common sense media.org](http://www.common sense media.org)

### Reporting

Talk to any member of staff if you have any concerns or would like any advice.



[ceop.police.uk](http://ceop.police.uk)



[REPORTHARMFULCONTENT.COM](http://REPORTHARMFULCONTENT.COM)

## Own devices

Ensure devices are safe for use. Think which devices can access the internet beyond just a computer i.e. smart watches, tablets, phones, games consoles.



### 1 - Broadband controls

Use Internet Matters guides to set up parental controls on your broadband router. You can set times when devices are allowed to access the internet and the websites they can access. Take the opportunity to set your own password.

### 2 - Parental controls



Set up parental controls on devices before giving them to children. Setting a password to control app downloads and in-app purchases. Also setting app permissions and screen time allowance.

## Main concerns

What concerns might you have about internet access at home? Ensure settings have been checked as well as regularly checking account history and chat logs.

### 1 - Passwords



Keep passwords to yourself, change them should your child become aware of them.



### 2 - Inappropriate contact

One off or prolonged contact from strangers, either to bully or abuse.

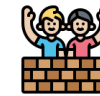
### 3 - Apps



E.g. All social media, Roblox, Fortnite, Youtube, Netflix.

## All devices

What can we do to ensure safe behaviours and access across any devices?



### 1 - Set boundaries

Set and agree your house rules, including screen time allowance, the apps allowed or suitable channels to watch. Devices should only be used in communal areas with supervision. Also consider how new apps are decided on and what happens if rules aren't followed.

### 2 - Explore together



Exploring together should still be the norm for our children to explore the online world. Although we may be giving children more control, it's important we model discussing the choices we make before clicking.



### 3 - Research

Before allowing children to play new apps or watch new channels, take time to research them for yourself and check you are happy with their suitability. Be aware that exposure to even mild adult themes can have an impact. Likewise, social media has an age rating of 13+ for a reason.

### 4 - Use airplane mode



Use airplane mode on you own devices if your child is using them so they can't accidentally click on anything inappropriate or unprotected. This means your device can be safe for your children to use when needed.