

Remember, the internet can be accessed from a number of portable devices, for example smartphones, games consoles and tablets. Portable devices may allow you to ensure your children are using them where you can see them and your children can still be supervised. To find out more about the internet capabilities of smartphones, gaming consoles and other devices, check out our Parents' Guide to Technology



Latest Ofcom research has shown that 81% of 5-15 year olds have access to a tablet at home and almost 40% of 3-4 year olds and two thirds of 5-7 year olds go online. Children can be enthusiastic users of technology. The challenge can be to harness this enthusiasm and ensure a balance, so that the use of technology does not negatively impact on other important areas of young children's lives.

Never too Early!



Useful contacts:



Free 24/7 helpline for children and young people
<http://www.childline.org.uk/>



If you want to report someone who is behaving suspiciously online towards a child, you should in an emergency contact the emergency services by calling 999, or otherwise make a report to CEOP, the Child Exploitation Online Protection Centre, see www.ceop.gov.uk



Let's keep kids safe online

For technical advice, from setting up privacy settings or parental controls, call the [O2](http://www.o2.co.uk) and [NSPCC](http://www.nspcc.org.uk) online safety helpline on

0808 800 5002.



Your one stop shop for all things internet related for children, teachers and parents www.saferinternet.org.uk/



Bowerham Primary & Nursery School

A practical guide for professionals, parents and children.

KEEP YOUR KIDS SAFE Online



Content ratings for apps and games help you understand an app's maturity.

Apps & Games content ratings

You can set parental controls to restrict apps appearing in available downloads.

Have you checked your child's apps?

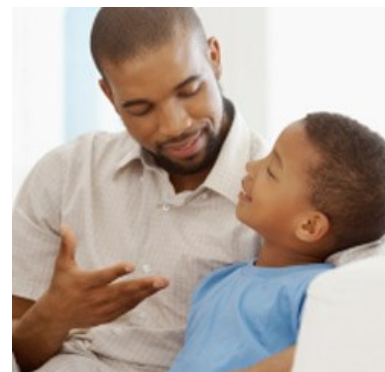
Find out more at either the Google Play Store or Apple I store.



Conversation Starters for Parents and Carers

Get the conversation started on a positive note with these fun topics!

1. Ask your child about what they like most about the internet and why, such as their favourite app, game or website.
2. Ask your child if they like sharing images and videos online and why. You could talk about your favourite family photos.
3. Share your favourite emoji and ask your child what emoji they like best and why. You could discuss whether emojis make it easier to communicate what you mean.



You could get involved with the Safer Internet Day emoji charades. Find out how www.saferinternet.org.uk/emoji-charades.

Talk about young people's experiences, responsibilities and boundaries



1. Ask your child whether they have seen people in their school posting images to be mean or embarrass someone. What would they do if they saw this? Who could they turn to for help?
2. You could ask whether they think young people are sometimes embarrassed about the photos their parents/carers post of them. You could talk about what you could do to make sure they are happy with images of them online.

3. Ask your child how they can tell if an image or video is truthful. For example, they might have seen images edited to make people look better, or videos that are fake. Can we always tell?

Discuss how we can all 'be the change' and help make the internet a better place

1. What could your child do to make the internet a better place? Can they share images and videos that have a positive message, or do they have creative skills to make their own videos?
2. Ask your child if they know where to go for help, where to find safety advice and privacy settings, and how to report or block on the services they use.
3. Encourage your child to do good digital deeds to help others. Perhaps they can show you how to do something better online or they might have a friend that would benefit from their help and support.



Take Back Control

Become familiar with the parental controls and settings of devices in your home and use them to keep your children safe.

Find out more for devices, including laptops, smartphones, smart TVs and tablets www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology

Find out more for social media sites, including social networks and web browsers www.saferinternet.org.uk/advice-centre/parents-and-carers/safety-tools-social-networks-and-other-online-services