Parents

Online safety within the home

1. Keeping on top of the latest games, apps and websites can be a real challenge. However the UK Safer Internet Centre, Internet Matters and Childnet International have some fantastic information to help parents understand where children and young people are going online. You can also download the NetAware app from the NSPCC.

2. **Set fair and consistent rules** in relation to your child's internet use at home. As they get older, try to agree the rules and a fair online time limit with them so that they have some control over their digital world. A great way to keep young people safe online is to put a family agreement together, especially if they are pushing boundaries in the online world.

3. Maintain a **positive** outlook on your child's use of the internet. Whatever you think to the stuff they watch or the hours they spend on Instagram or Youtube, if you constantly criticise the apps or games they love, they are not going to want to talk to you about their online life.

4. Children and young people who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps. **Try and keep calm and carry on! Think carefully about blocking apps, games or websites, especially if you have teenagers.** This can exacerbate the problem. Making sure they know where to go for help if they need it, and recognising if they are not recovering well so you can step in and help. Don't forget parents can also talk to their child's school about online safety.

5. **Allow your child to explore and take charge of their online life.** Having some control over any given situation is an important part of resilience – and such an important part of digital resilience. It's essential in helping them understand and develop their own sense of what's right and wrong online.

3 great apps to download:

- **Netware** aimed at parents highlighting different apps and games young people use.
- **Internet Matters (tablet only)** is a fun interactive online safety quiz that can be used at home with children.
- **Youtube for kid's app** aimed at young children

Setting up and implementing the 3 D's at home is vital

- **Digital free zones – keep technology downstairs**
- **Digital role models – parents lead by example online and with digital usage**
- **Digital sunset – young people need to come away from technology before they go to sleep**

Northamptonshire County Council