

E-SAFTEY UPDATE



Useful Websites

<https://www.internetmatters.org/parental-controls/>

<https://www.barnardos.org.uk/blog/keeping-your-child-safe-their-smartphone>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Keeping your child safe on their phone

As the digital world continues to develop we see more children getting phones at an earlier age. Phones can be vital for communication between parents and children as they begin to gain more independence. Phones can also support learning and allow your child to build stronger relationships with their friends. However, a phone can expose them to new risks and it is important for you and them to be aware of these. Incidents of cyber-bullying, negative online relationships and exposure to unsuitable materials out of school can cause anxiety and problems both in and out of school.

We highly recommend that parents are involved in their child's online life, monitoring the content they have access to, helping you to understand different platforms and apps, their features and whether they're appropriate for your child or not.

We have drawn together here some information and useful websites regarding parent controls on phones.

How to start a conversation with your child about using their phone safely (SOURCE - UK SAFER INTERNET CENTRE)

Why do you want to get a phone?

Whilst deciding if it is time for your child to have their first phone can be a great opportunity to find out what your child expects to use their phone for. This could be for connecting with friends, playing games, for keeping in touch whilst out of the house or other reasons.

What do you like about using your phone?

You can ask your child about their favourite apps or games, what they like using their phone for, or you can ask them to show you how to play or use their favourite game or website.

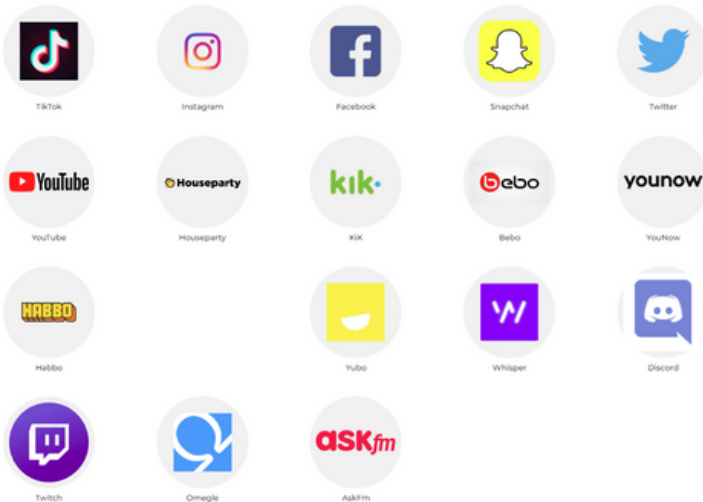
What would you do if something worrying or upsetting happened on your phone?

You can ask them about the places they can go to find the safety advice, find out what they know about privacy settings, and ask them how to report or block on the services they use.

How can we do more online together?

Ask your child about activities or games that you could enjoy as a family, this can be a great time to establish a [family agreement](#) to manage your families time online.

13 year olds and upwards



16 year olds and upwards



Parental controls are settings available across devices, apps and networks. They let you manage screen time, in-game spending, content, communication and more.

For younger children, these parental controls guides can help you customise their digital experiences and learn online safety. For older children, these guides can help lead conversations around safety settings on social media, in video games and beyond. Showing them how to use safety tools can help them take ownership of their safety.



The following link takes you to a website with step by step guides for parents for each of the most popular parental control including those suitable for google, android and iphones.

<https://www.internetmatters.org/parental-controls/>

Popular Parental control guides

