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# Web Site Links and Support

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| **Vodaphone Digital Parenting**<br>Includes digital parenting magazine and how to guides for setting up parental controls.<br>http://www.vodafone.com/content/parents.html/ | | **Childnet Smart Rules – 5 top tips for staying safe online**<br><br>**Safe**<br>Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.<br><br>**Meet**<br>Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.<br><br>**Accepting**<br>Accepting emails, IM messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!<br><br>**Reliable**<br>Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends and family.<br><br>**Tell**<br>Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. |
| **CEOP – Child Exploitation and Online Protection Centre site**<br>Includes reporting and legal information. Also links to the Think U Know advice for parents.<br>https://www.ceop.police.uk/safety-centre/Parents/ | | |
| **Childnet Parents and Carers Site**<br>Includes section on hot topics and information on parental controls and gaming.<br>http://www.childnet.com/parents-and-carers | | |
| **Childnet International – Know IT All for Parents**<br>Includes video guides for parents in a number of languages.<br>http://www.childnet-int.org/kia/parents/ | | |
| **Think U Know**<br>Parent area includes sections on information on how to keep your child safe and making a report on behalf of your child. Resources include information on parental controls and reporting to social media sites.<br>https://www.thinkuknow.co.uk/parents/ | | **Conversation Starters - Safer Internet Centre**<br><br>1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.<br>2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?<br>3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.<br>4. Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.<br>5. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family? |
| **Safer Internet Centre**<br>Advice and resources area has a section for parents and carers. It includes a guide to technology and information on setting up parental controls and safety tools on social networking sites. http://www.saferinternet.org.uk | | |

# Web Site Links and Support

## Childnet - Top tips for online gaming

1. It may seem daunting, but one of the best things parents and carers can do is to engage with the gaming environment and begin to understand what makes it is so attractive to young people as well as the types of activities that they enjoy!
2. Talk with your children about the types of game(s) they are playing. Are they role-playing games, sports games, strategy games or first person shooters? If you're not sure what they are, ask them to show you how they play and have a go yourself.
3. Some games may offer children the chance to chat with other players by voice and text. Ask them who they are playing with and find out if they are talking to other players. If chat is available, look at the type of language that is used by other players.
4. Look out for age ratings and familiarise yourself with the PEGI icons on games. The PEGI classification gives you a clear indication whether a game is suitable for your child.

**PEGI (Pan European Game Information) Web Site** Information about games ratings. http://www.pegi.info/en/index/

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| **Connect Safely**<br>Parents guides to Facebook, Google+, Snapchat and Instagam<br>http://www.connectsafely.org/guides/ | **Digital Parenting Essentials checklist from Vodaphone**<br><br>**THINK** about how you guide your family in the real world and do the same in the digital world – don't be afraid to set boundaries and rules for your child from a young age |
| **Hector's World**<br>Educational programme aimed at children from age 2-9 with a section for parents.<br>http://hectorsworld.netsafe.org.nz/ | **HAVE** a go at some of the technologies your son or daughter enjoys – play on the Wii together or ask them to help set you up on Facebook if you're not already a member<br><br>**TALK** to your friends, family and other parents about how they help their children to manage their digital world – you might pick up some interesting tips |
| **Searchbox**<br>Links to search sites for children.<br>http://www.searchbox.co.uk/kids.htm | **MAKE** the most of tools like Parental Controls on computers, mobiles and games consoles, privacy features on social networking sites, and safety options on Google and other search engines<br><br>**TRY** not to use technology as a babysitter too often – we all do it sometimes but it's important to know what your child is doing |
| **BBC Webwise**<br>Advice and information<br>http://www.bbc.co.uk/webwise/0/ | **MAKE** digital issues part of everyday conversation – show your child that you understand how important technology is to them and talk about all its amazing benefits, but don't shy away from difficult subjects like responsible online behaviour, bullying and pornography |
| **Report Issues to the Child Exploitation & Online Protection Agency (CEOP**<br><br>**http://www.ceop.police.uk/safety-centre/** | Vodaphone also produce checklists aimed at parents of different ages as the issues change as children get older. For further information go to http://www.vodafone.com/content/parents/get-started.html |

# Web Site Links and Support

## Vodaphone Digital Parenting Checklists

| Under age 5 checklist | **START** setting some boundaries now – it's never too early to do things like set limits for the amount of time they can spend on the computer |
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| | **KEEP** devices like your mobile out of reach and make sure you have passwords/PINs set up on them for the times you might lend them to your child... or for when they simply get hold of them themselves! |
| | **CHECK** the age ratings and descriptions on apps, games, online TV and films before downloading them and allowing your child to play with or watch them |
| | **EXPLAIN** your technology rules to grandparents, babysitters and parents of your child's friends so that they stick to them when they're looking after your child |
| | **REMEMBER** that public Wi-Fi (e.g. in cafés) might not have Parental Controls on it – so, if you hand over your iPad to your child while you're having a coffee, they might be able to access more than you bargained for |
| | **SET** the homepage on your family computer or tablet to an appropriate website like Cbeebies |
| Age 6 to 9 checklist | **CREATE** a user account for your child on the family computer with appropriate settings and make the most of Parental Controls and tools like Google SafeSearch |
| | **AGREE** a list of websites they're allowed to visit and the kind of personal information they shouldn't reveal about themselves online (like the name of their school or their home address) |
| | **DECIDE** time limits for things like using the internet and playing on games consoles |
| | **BEAR** in mind what older siblings might be showing them on the internet, mobiles, games consoles and other devices and agree some rules as a whole family |
| | **TALK** to other parents about their views on things like what age to buy kids a mobile and don't be pressured by your child into letting them use certain technologies if you don't think they're old enough or mature enough... no matter how much they pester you |
| | **FAMILIARISE** yourself with age ratings and descriptions on games, and apps etc, so that you can be sure your child is only accessing age-appropriate content |

| Age 10 to 12 checklist | **MAKE** sure you've set some tech boundaries before they get their first mobile or games console – once they have it in their hands, it can be more difficult to change the way they use it |
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| | **REMIND** your child to keep phones and other devices well hidden when they're out and about to minimise the risk of theft |
| | **TALK** to them about what they post and share online – written comments, photos and videos all form part of their 'digital footprint' and could be seen by anyone and available on the Web forever |
| | **DISCUSS** the kind of things they see online – this is the age when they might be looking for information about their changing bodies and exploring relationships, for example |
| | **HOLD** the line on letting your son or daughter sign up for services like Facebook and YouTube that have a minimum age limit of 13 – talk to other parents and their school to make sure everyone is on the same page |
| | **REMIND** them that they shouldn't do anything online that they wouldn't do face-to-face |
| Age 13+ checklist | **DON'T** think it's too late to reinforce boundaries or teach your child anything about technology – they might think they have the know-how but they still need your wisdom and guidance |
| | **TALK** to them about how they might be exploring issues related to their health, wellbeing and body image online – they might come across inaccurate or dangerous information on the Web at a vulnerable time |
| | **DISCUSS** how they behave towards others and what they post online and don't shy away from difficult conversations about things like pornography and other risky behaviours, such as sexting |
| | **GIVE** your child control of their own budget for things like apps / music but make sure you have agreed boundaries so that they manage their money responsibly |
| | **DISCUSS** things like downloading and plagiarism so that they understand what's legal and what's not |
| | **ADJUST** the settings on Parental Controls in line with your son or daughter's age and maturity – if they ask you to turn them off completely, think carefully before you do and agree in advance what is acceptable online behaviour |