

Guidance for Parents

Do you know how to keep your children safe on the internet?



SWGfL are a not for profit, charitable trust company, that provide learners throughout the South West of England with safe, secure and reliable internet connectivity; broadband-enabled learning resources and services; help support and advice in using the internet safely. Find out more at www.swgfl.org.uk



Gaming

Gaming is fun but can be all consuming. Why not use the gaming consoles safety settings to help control age rated games and the amount of time spent online. Pay attention to the PEGI (age) ratings and what they mean.

PEGI: www.pegi.info/en/index

Common Sense Media: www.common sense media.org



Social Media

Social Media is a great way for your child to communicate and engage with peer groups. Consider privacy settings and sorting friends into “groups” within these sites relevant to their age. Talk to them about what they post and whether it is appropriate, it can affect their future / relationships / self-esteem.

UK Safer Internet Centre:
www.saferinternet.org.uk/parents

Connect Safely: www.connectsafely.org/guides-2



General

UK Safer Internet Centre: www.saferinternet.org.uk/advice-and-resources/parents-and-carers

Internet Matters: www.internetmatters.org

Digital Parenting Magazine: www.vodafone.com/content/parents/digital-parenting.html

e-Safety for Parents/ Carers on Hwb: <http://hwb.wales.gov.uk/pages/eSafety-ParentZone>



Instant messaging

Instant messaging is a fast, fun way to speak to friends and family. Ensure your child understands that they may be talking to people they do not know so a conversation about what is appropriate or not to send is a good idea.

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Cyberbullying

Remember, it is not the technology but the behaviour of the bully that is the problem. Would your child turn to you if they needed help? It's always worth talking about bullying issues and making sure your child is supported. Reporting incidents not only helps your child but others too.

Anti Bullying Alliance: www.anti-bullyingalliance.org.uk

Diana Awards, Anti- Bullying Ambassadors programme: www.antibullyingpro.com