



## For Parents of Children aged 5-11:



1. Keep the computer in a public place with the screen facing outward.
2. Establish family rules and guidelines to include:
  - a. setting limits on how much time they spend online.
  - b. giving no personal information.
  - c. disclosing no school information.
  - d. reviewing pictures posted.
3. Reinforce the dangers of sharing personal or school information online.
4. Prohibit any meeting in person with someone he/she knows only online, unless you are present.
5. Inform your children that you will monitor Internet use, messaging and social networking in order to keep them safe. Parents should have passwords for their children's social media accounts and passcodes to their children's devices to have full access at any given moment.
6. Discuss the importance of telling an adult immediately if someone, or something, upsets them online.
7. Use bookmarks or favourites lists to access websites and screen names or nicknames where possible.

### Did You Know?

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 66% of 5-7 year olds go online.

75% of children sleep with a device in their bedroom. (OurPact)

Children aged 5 to 16 spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995, according to market research firm Childwise. Teenaged boys spend the longest, with an average of eight hours.

87% of today's youth have witnessed cyberbullying. (Study by McAfee)

# ARE YOU SAFE ONLINE?

# PAUSE & THINK ONLINE



Before you...



# THINK!

- T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

Be smart on the internet



# E-safety Awareness for Parents

## Useful links for Parents

- [www.childnet.com/parents-and-carers/need-help](http://www.childnet.com/parents-and-carers/need-help)
- [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)
- [www.saferinternet.org.uk/parent-tech](http://www.saferinternet.org.uk/parent-tech)
- [www.saferinternet.org.uk/parental-controls](http://www.saferinternet.org.uk/parental-controls)
- [www.ceop.police.uk](http://www.ceop.police.uk)
- <https://www.saferinternetday.org/>

"MAKE THE RIGHT CHOICE"