

## Risks your child may face online

As with the real world, there are risks online which include:-

- Cyberbullying
- Grooming
- Inappropriate websites
- Losing control over pictures and videos
- Viruses, hacking and security

## What can you as parents do?

- ❖ Talk to your child about what they are doing on line.
- ❖ Encourage your child to explore age-appropriated sites online.
- ❖ Keep up-to-date with your child's development on line.
- ❖ Set boundaries in the online world just as you would in the real world.
- ❖ Keep all equipment that connects to the internet in a family space.
- ❖ Know what connects to the internet and how e.g. the television.
- ❖ Use parental controls on devices that link to the internet e.g. laptops, games consoles and mobile phones.

## Parental Controls

Parental controls are not just about locking and blocking, they are a tool to help you set appropriate boundaries as your child grows and develops. They are not the answer to your child's online safety, but they are a good start. Service providers are working hard to make them simple, effective and user friendly. Find your service provider and learn how to set your controls.

## Let your child teach you

The people, who know best about what your children are up to online, are your children! Get them to tell you about the sites they're using and ask questions e.g.

- Why do they like the site?
- What can they do on it?
- What's fun about it?
- Who uses it at school?
- Who can you talk to?
- Who are their friends on line?

## A good way to set boundaries

A good way to set boundaries with your child about what they can and can't do online is to set an agreement with them.

- Limit the amount of time your child spends online, or playing computer times.
- Have regular screen breaks – at least five minutes every 45-60 minutes.
  - Not sharing any pictures they wouldn't be happy to share with you.
- Not giving out personal details, such as mobile numbers and addresses, to people they don't know and trust.
  - Coming to you if they are concerned.