

## Parent Checklist

### **I have asked my child to show me sites they use –**

By doing so, your child is including you in their online life and social activity. Show an interest and take note of the names of their favourite sites. You can then re-visit these when you are alone. Take your time and explore the space, find out how to set the safety features and learn how to report any issues directly to the site.

### **I have asked my child to set their profile settings to private –**

Social networking sites, such as Instagram, are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere, without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate them in the real world.

### **I have asked my child about their online friends –**

We know that people lie online about who they are and may create fake identities. It is very important children understand this. Whether they are visiting a social network or a gaming site, the safety messages are the same. Children and young people must never give out personal information and only be “friends” with people they know and trust in the real world.

### **I have set appropriate parental controls on my child’s computer, mobile and games console –**

Filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child’s age and abilities. You can also set time restrictions for using the internet or games. They can be free and easy to install. Call your service provider who will be happy to assist or visit CEOP’s parents’ site for further information. Explain to your child why you are setting parental controls when you talk to them about their internet use.

### **My child has agreed to tell me if they are worried about something online –**

Sometimes children get into situations online where they don’t feel comfortable or see something they don’t want to see. By opening up the communication channels and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.

### **I know where to get help if I’m concerned about my child –**

The CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child you can report this directly to CEOP. You can also find help if you think your child is being bullied, or if you’ve come across something on the internet which you think may be illegal.

## Useful sites for Parents:

**[www.ceop.police.uk](http://www.ceop.police.uk) –**

Is a command of the National Crime Agency (NCA). CEOP's role is to tackle the sexual abuse and exploitation of children, both online and offline. You can report issues online directly through their website.

**[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) –**

Is the education program from the NCA, they offer specific advice for parents and carers.

**[www.internetmatters.org](http://www.internetmatters.org) -**

Is partnered with BT, Sky, TalkTalk, Virgin, Sky, Google and BBC to name a few and is supported by some of leading child online safety experts. They offer advice and information available on tackling online safety issues.

**[www.net-aware.org.uk](http://www.net-aware.org.uk) –**

Is produced by O2 and the NSPCC. It is a guide for parents of the most popular sites, apps and games that young people use. Using reviews from adults and children, it helps parents decide if a site is right for their child, if it's age appropriate and explores what risks they might encounter, enabling parents to help keep their children safe online.

They also offer an online safety helpline, where you can speak to an expert advisor for free on **0808 800 5002**.

**[www.common sense media.org](http://www.common sense media.org) –**

Provides age ratings and reviews for apps and games.

**[www.saferinternet.org.uk](http://www.saferinternet.org.uk) –**

Are a partnership of three leading organisations: Childnet International, Internet Watch Foundation and SWGfL. Their site promotes safe and responsible use of technology for young people.

**[www.swiggle.org.uk](http://www.swiggle.org.uk) -**

Is a child friendly search engine.