

# Online safety tips for parents of primary school children 6-10 Year Olds

## Checklist

### ✓ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting [internetmatters.org](http://internetmatters.org).

### ✓ Search safely

Use safe search engines such as [swiggle.org.uk](http://swiggle.org.uk) or [kids-search.com](http://kids-search.com). Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

### ✓ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online\*



### ✓ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

### ✓ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

**Know this stuff matters, but don't know where to turn?**

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet  
matters.org**



## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

## Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

## Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared – find out more with our pre-teens age guide at [internetmatters.org/ageguide10-13](http://internetmatters.org/ageguide10-13)

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# Guide to managing children's screen time

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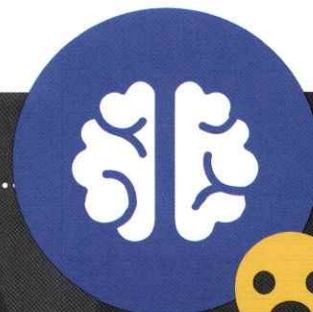
## Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



## Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

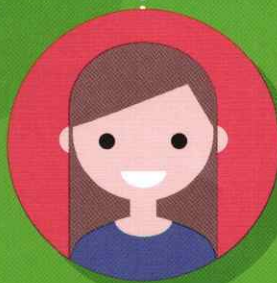


## Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

## What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

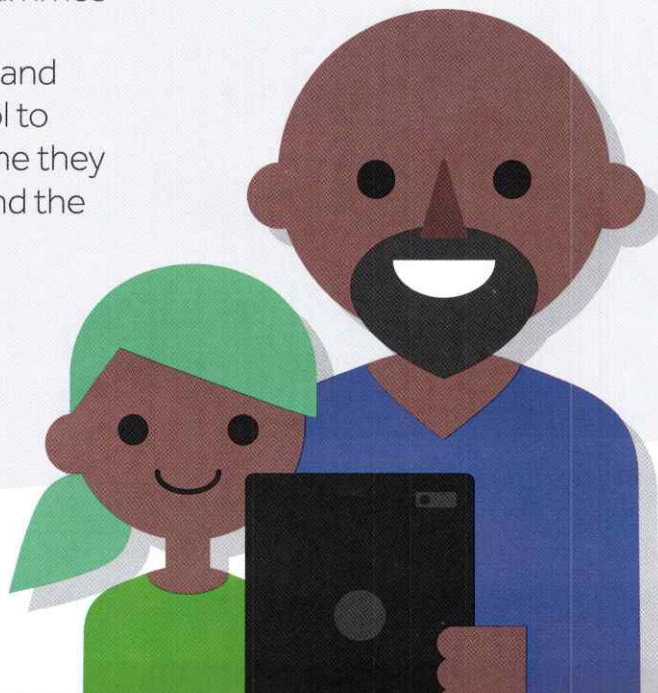
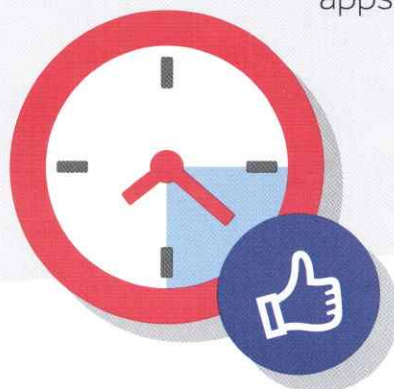




# 10 tips to get in control with your child's screen time



1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing





Parents' guide:

# Gaming advice to support pre-teens

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## What to think about:



### Ways games can benefit children

If your child is a keen gamer, **steer them towards games that will help them to develop life skills** like problem-solving or supplement their learning.



### Be aware of game content and themes

It's important to **stay on top of what themes are featured in the games** they play so that you can be aware of how these might influence their view of the real world.

## What to talk about

### Discuss what they enjoy playing

**Have regular conversations** about the games they play so you can create an environment where they feel they can come to you if something goes wrong.

### Talk about potential risks

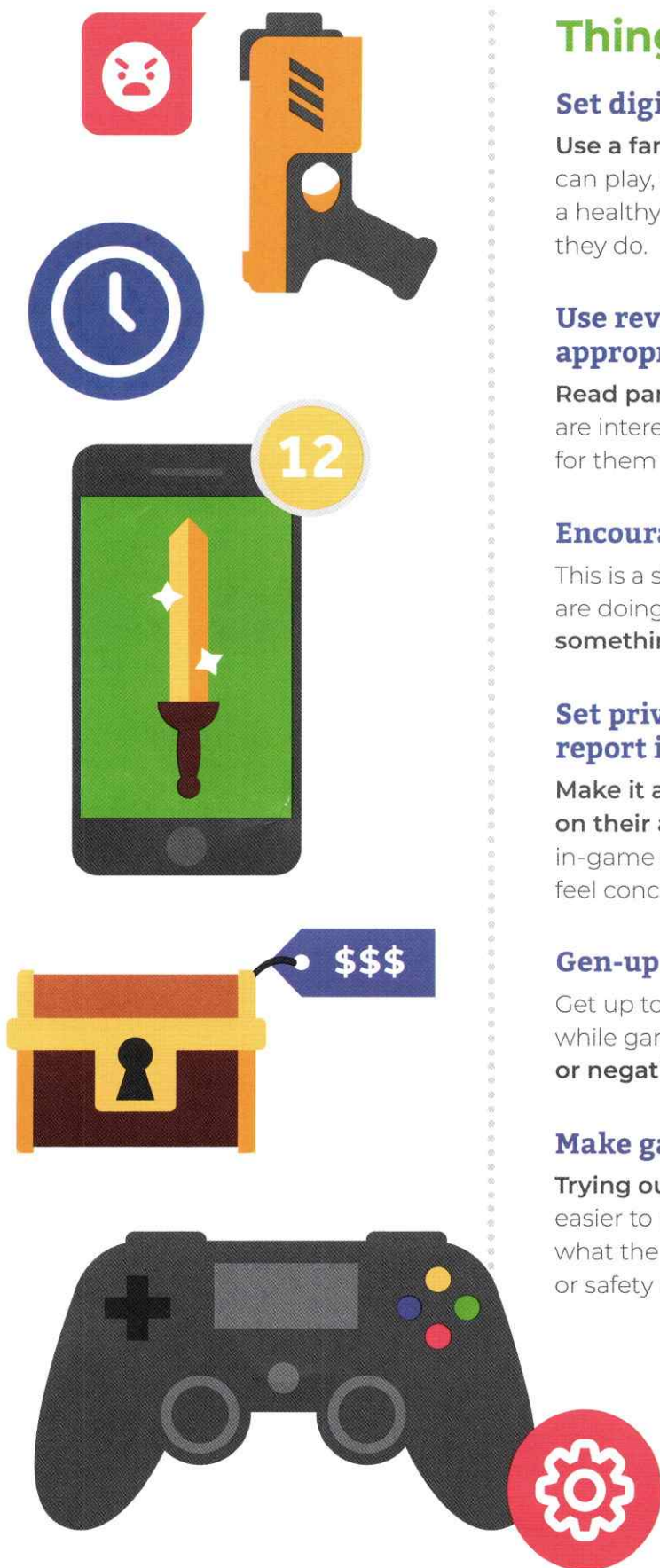
Help them understand the **importance of keeping personal details private** and tell them that not everyone online is who they say they are.

### How to cope when things go wrong

If they see something that upsets them or are targeted by another player in a game, it's important to talk about how to handle this situation. **Advise them to come and talk to you or a trusted adult for support.**







## Things to do

### Set digital boundaries

Use a **family agreement to set rules** on what they can play, when and how long for to help them strike a healthy balance between gaming other activities they do.

### Use reviews and sites to pick appropriate games

Read **parents and expert reviews of games** they are interested in to help you choose the right games for them to play.

### Encourage them to play in shared spaces

This is a simple way to stay engaged in what they are doing while gaming and **step in if you feel something's not quite right**.

### Set privacy settings and learn how to report in-game abuse

Make it a habit to review their **privacy settings on their account** and teach them where to report in-game abuse so they can take action if they feel concerned.

### Gen-up on the lingo

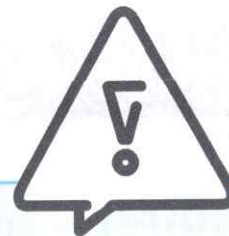
Get up to speed on how players communicate while gaming to **spot the signs of cyberbullying or negative behaviour**.

### Make gaming a family affair

**Trying out new games with children** makes it easier to relate and can give you a better sense of what the game is about and prompt conversation or safety measures to help them stay safe.



## Where to report and get help



### UK Safer Internet Centre – Need help?

Advice on what to do if a child comes to you for help and how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour:

[saferinternet.org.uk/need-help](https://saferinternet.org.uk/need-help)



### Report Harmful Content

Provided by SWGfL on behalf of the UKSIC. Gives advice on how to report online problems, offers help in removing harmful content from platforms and supports with reports that need to be escalated: [reportharmfulcontent.com](https://reportharmfulcontent.com)



### Internet Watch Foundation (IWF)

The UK's hotline for anonymously reporting images and videos of child sexual abuse online. Images or videos confirmed as breaking UK law will be reported to global partners for removal from the internet: [iwf.org.uk](https://iwf.org.uk)



### Report Remove Tool from Childline and IWF

It can be scary finding out a nude image or video of you has been shared online. But there is help available. Report Remove may be able to help under 18s get it removed. Search 'Report Remove Childline' for more info.



### Child Exploitation and Online Protection (CEOP)

A police agency tackling child sexual abuse and grooming online. Adults and young people can make reports of grooming or child sexual abuse online at:

[ceop.police.uk](https://ceop.police.uk)



### NSPCC helpline

The NSPCC provides a helpline for all adults to answer questions or address concerns about protecting children offline and online. Call on: 0808 800 5000 or visit: [nspcc.org.uk/report](https://nspcc.org.uk/report)

The NSPCC also provides the Childline helpline. Children can talk to someone for advice and support at any time by contacting 0800 1111 or chatting to a counsellor online at [childline.org.uk](https://childline.org.uk)



### Young Minds

A UK charity committed to improving the wellbeing and mental health of children and young people. They offer a free confidential helpline for parents on 0808 802 5544. Information and advice for young people and adults can be found at:

[youngminds.org.uk](https://youngminds.org.uk)



## Organisations and resources for parents and carers



This sheet provides parents and carers with useful sources of advice and information, both for general online safety and in particular, for this year's Safer Internet Day theme of 'All fun and games? Exploring respect and relationships online.' It also includes information on how to report online problems.

### The UK Safer Internet Centre partnership:



#### UK Safer Internet Centre (UKSIC)

The UKSIC co-ordinates Safer Internet Day in the UK. Appointed by the European Commission, the UKSIC is made up of three partners: Childnet International, the South West Grid for Learning and the Internet Watch Foundation. We raise awareness about online safety, develop resources and organise nationwide events such as Safer Internet Day: [saferinternet.org.uk/parents](https://saferinternet.org.uk/parents)



#### Childnet

A non-profit organisation working to help make the internet a great and safe place for children. The Childnet website has lots of resources for young people, parents, carers and teachers. The Parents and Carers page contains a family agreement, advice on talking to your child about online issues and further places to go for help: [childnet.com](https://childnet.com)



#### Internet Watch Foundation (IWF)

The UK's hotline for anonymously reporting images and videos of child sexual abuse online. The IWF works in global partnership with the online industry, law enforcement, government and international partners. It is a charity with over 150 Members from the internet and tech industries: [iwf.org.uk](https://iwf.org.uk)



#### South West Grid for Learning (SWGfL)

A not for profit, charitable trust dedicated to the advancement of education through the use of technology. Provides professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential: [swgfl.org.uk](https://swgfl.org.uk)

Organisations and resources for parents and carers

PARENTS AND CARERS!

#SaferInternetDay

[www.saferinternetday.org.uk](https://www.saferinternetday.org.uk)



**We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.**

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.



## Get started



Set parental controls on your broadband to prevent your children seeing things they shouldn't



For smart phones check parental controls are also set up on the mobile network

## Set up the device safely



Use the device setting so you can only download age appropriate apps and games



Disable location services so your child doesn't unintentionally share their location with others



Set up password control or disable in-app purchasing so big bills are not run up accidentally



Download age appropriate apps you're happy for your child to use

## Talk about staying safe



If your children are 8-10 years old, download our parent / child Internet Matters app to help you talk about e-safety issues in an interactive way.



Be aware of key issues and how to discuss them with your children so they know how to stay safe online

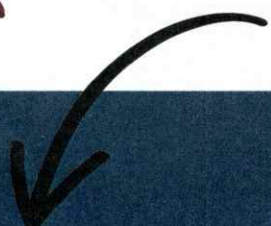


If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know



# **REPORT HARMFUL CONTENT**

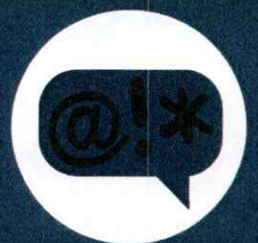
We can help you to  
report these online harms



**Threats**



**Online  
Abuse**



**Impersonation**



**Violent  
Content**



**Bullying and  
Harassment**



**Unwanted  
Sexual  
Advances**



**Self-Harm  
and Suicide**



**Pornographic  
Content**



**[reportharmfulcontent.com](https://reportharmfulcontent.com)**