

PARENTS TOP 10 TIPS FOR KEEPING CHILDREN SAFE ONLINE

Over 7,000 young people called Childline in 2015 about online bullying and safety. Keep your children safe online with Surrey FA's top 10 tips.

1

Discuss Online Use Early On

Spending time online for many children is a large part of their life. Therefore it is important to start talking to your child early on about how to keep safe when online.

2

Show Your Interest

Show an interest in what your child does online. Ask them what they do, just like you would offline as well. This will give you as a parent a much clearer idea of the type of content that your child is looking at and what they do when they are online.

3

Understand Who They're Talking to

Many children don't think people they've met online as strangers, just as friends. It's important therefore to keep a track of exactly who your child is speaking with online.

4

Keep Computers In Open Areas

Maintain that online access is only available in open areas. This will help ensure that your child is less inclined to view and access material that may not be appropriate.

5

Set the Online Rules

Set ground rules and boundaries for online use together depending on your child's age. Take into account the amount of time spent online, sharing of images and video, age ratings and websites that your child is allowed to visit.

6

Manage Children's Time Online Effectively

Scheduling times when your child can be on the internet and the amount they can be online allows you to know when they are on the internet and for how long, reducing free reign.

7

Understand Privacy & Reporting Settings

Check the privacy settings on any online accounts your child has online. Personal information should be kept private and reporting tools can be used to report any online abuse.

8

Check the Age Content is Correct

Online films, games and even some websites will have an age rating or a minimum age to sign up. Age limits are there to keep children safe so please acknowledge these.

9

Utilise Parent Controls for Filtering

You can set up parental controls to stop your children seeing unsuitable content. Internet providers, devices (laptops, tablets etc) and software packages should all have filters available.

10

Educate Yourself First, then Your Child

If you can your child from certain sites, it may only motivate them to spend more time on them. Educating your child on how to keep safe instead will give them the tools that they need.



Breck Bednar was a 14 year old boy who was groomed and tragically murdered by someone he met online. Surrey FA were privileged to have Breck's mother, Lorin LeFave, as our guest speaker last year. Please visit The Breck Foundation website at: www.breckfoundation.org



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