Weekly E-Safety tips for parents and children

1. Limit the time you child has on a certain game. This can help to avoid addictive and obsessive behaviour.
2. Check parent controls are on and restrictions are in place.
3. Activate Safe search settings on Google and other search engines, or use safe search engines such as [www.swiggle.org](http://www.swiggle.org) or [www.kids-search.com](http://www.kids-search.com).
4. Agree boundaries with your child, so they know what they can and can’t do online. This may include times, and only playing games in communal areas at home.
5. Explore together! Ask your child what they are doing online and get them to get them to tell you about it.
6. The age ratings that come with games, apps, films, social networks and more, are a good guide to whether they are suitable for you child.
7. Make sure your child knows not to share personal information online! This includes photos in school uniform.
8. Check location services are turned off, so people can’t trace where the photo was taken.
9. If your child comes to you with an issue, stay calm and listen without judging them.
10. Don’t ban your child from a game if something happens, they will probably play it behind your back if you do!
11. Talk to your child about how people they meet online may not be who they say they are, even if the pictures look like their friend.
12. Start conversations when your children won’t be embarrassed, for example in the car going home from school.
13. Check internet safety websites regularly for up to date information. For example, <https://www.internetmatters.org>, <https://www.thinkuknow.co.uk>
14. Encourage your children to only talk to real friends and check they know it is them. Could anyone have copied their account and pretend to be them?
15. Use privacy settings where they exist to keep your private information safe.
16. Only add friends and people you know onto social media, don’t add strangers!
17. If someone offers you a gift in a game that is worth money, do not accept it no matter how good the gift is.
18. Be a good friend online and don’t say mean things.
19. If you see something you don’t like, tell an adult about it.
20. Ensure your children know how to report someone if needed. Most games and social media will have a report button. This isn’t to be used lightly though!
21. Make sure your children are only having conversations with phone numbers they have saved as contacts. If they don’t have the person’s phone number, find out who it is or delete it!