

How to Keep Your Pre School Child Safe Online

Internet Safety Checklist

More and more pre schoolers are using their parents computers and mobile phones or tablets to play games, use apps and watch their favourite shows.

A child may come across inappropriate content by mistake or by looking if they are curious. The best way to keep your child safe is to talk to your child so that they understand what to do if they feel scared or uncomfortable. It's important to have the conversation as soon as your child starts to use the internet.

What are the risks?

- Inappropriate content
- Ignoring age restrictions
- Friending or communicating with people they don't know
- Grooming and sexual abuse
- Sharing personal information
- Running up debts – children can run up big bills without realizing!

Here are some simple things to make sure they are using the internet safely.

- **Explore together** – Talk to your child about what the internet is and explore it together so that you can show them all the great fun and educational things they can do. Make sure they know about the age limits for YouTube and Facebook which are age 13+. Agree some ground rules – find out what they like to do online and agree which websites/apps are best suited for them.
- **Parental Controls** – install parental controls on your home broadband and all other devices (See below). This will allow you to manage what content your child can see and how they interact with others online. Explain to your child you have put these on there to help keep them safe. Most ISP's such as Sky, BT, Virgin Media, Talktalk all provide controls to help you filter or restrict content.

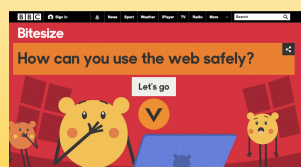


- **Use passwords** – set passwords on all internet enabled devices and don't share them. Then you will know when and where your child is accessing the internet. Also you can make sure they are not making additional purchases when they are playing games or using apps.
- **Search safely** – use safe search engines such as 'Swiggle' or 'Kids- Search'. Why not save these to your favourites. Safe search engines can also be activated on Google, Bing and You Tube. Opt for safety mode on Youtube, and Google Play.
- **Be involved** – Encourage them to use devices in a communal area at home so you can keep an eye on how they are using the internet and also join in with their enjoyment.
- **Manage access** – Set your homepage to a child friendly site e.g. CBeebies and create a user account for your child on the family computer or device which only allows access to sites you've chosen.
- **Block popups** – If you're worried about your child accessing inappropriate content through accidentally clicking on adverts in pop ups. **BBC Webwise** has advice on how to stop these.
- **Set boundaries** – It's never too early to start setting boundaries. Set some rules about how long your child can spend online, when they can go online, the websites they can visit, sharing images and videos.
- **Suitable Content:** If your child plays online games; make sure you check the age rating and know who they are playing with.
- **Be careful of public WIFI hotspots.** They are not always secure and can allow children to search the internet which are free from any parental controls.
- **Limit the time spent on devices** - You might worry that your child uses the device too much which can stop them talking to other people face to face or engage with other activities. Think about how it might affect their concentration, sleep patterns, eyesight. Get the balance right and avoid using any devices just before bedtime.

Helpful Resources...



NetAware – is a simple guide for parents to the most popular social networks, apps and games that children use. Find age ratings and parent and child reviews.
<https://www.net-aware.org.uk/>



BBC Bitesize – a great resource to share with your young child to explain to them how to stay safe online. <https://www.net-aware.org.uk/>

Internet Matters - A very helpful website to show parents step by step how set up parental controls around the home.

<http://www.internetmatters.org/parental-controls/interactive-guide/>

Safe search engine: <http://www.kids-search.com/>

Free E-Safety Game

Digiduck: An educational, FREE e-safety story app for 3-7 years. iTunes. The story app follows Digiduck and his pals in a story of friendship and responsibility online. The story has been created to help parents teach children aged 3-7 years of age how to be a good friend online. It's a great way to start the conversation about what they should expect from the online world and how to stay safe. Narrators of the story, Sophie Ellis-Bextor and her mum Janet Ellis really bring the story to life.

