Home and Family guidelines

☺ Talk together, share experiences and have fun learning together.

☺ Involve everyone in discussing & agreeing your family guidelines and rules. Remember that sometimes what is acceptable for a 15 yr old child is not appropriate for an 8 yr old.

☺ Discuss regularly online safety and go online with your children. Communication is the key to eSafety.

☺ Keep anti-virus, spyware and firewall software up to-date.

☺ Ask your Internet provider for a service that filters out inappropriate sites (eg: pornography / race hate / extreme violence etc)

☺ Enable your 'browser safe' search option and/ or consider using internet filtering software, walled gardens and child-friendly search engines.

☺ Delay buying your children a smart phone until they're older.

☺ Show how you will look at the browser history and will expect to see sites visited and will want an explanation should the history have been cleared in any way.

☺ If possible, keep the computer in a communal area of the house, where it's easier to monitor what your children are viewing. Never let children have webcams, or similar, in their bedroom.

☺ Talk to your children about why they should not to give out their personal details (eg:, real name, address, mobile number, email, school etc) If they want to subscribe to any online service then make up a family email address to receive the mail.

☺ If you allow your children to use social networking sites (eg: facebook), make sure the privacy settings are set either to "Friends" or "Customise" which allows you restrict posts / photos etc, to be seen only by people *you* list.

☺ Insist that your children agree to discuss with you first, if they are asked to meet up with some they've met online.

☺ Monitor & restrict the time your children spend online to help prevent obsessive use of the internet. Encourage activities away from technology!

☺ Encourage your children, and all family members, to tell you if they feel uncomfortable, upset or threatened by anything they see online.

☺ Create a set of family guidelines that all the family follow and agree what will happen if they are not followed.

| **www.cybermentors.org.uk** | **www.beatbullying.org** |

| **www.ceop.gov.uk** | **www.childnet.com/parents-and-carers** |

| **www.getnetwise.org** | **www.getsafeonline.org/.uk** | **www.thinkuknow.co.uk** |