



10 easy steps to keep your children out of danger online

1. Set your broadband parental controls. Most internet providers offer free controls that allow you to choose what your child can access online.
2. Search safely. Google has a feature called SafeSearch where you can filter out adult content from search results.
3. Set 'Restricted Mode' on You Tube, which, like Google SafeSearch, filters out adult content from search results.
4. If your child has a mobile phone check the mobile network parental controls are set. All main network operators offer this free service.
5. Check your app store settings to make sure your child can only download apps which are age-appropriate and that they can't make in-app purchases. You may not want to give them the password.
6. If your child has a games console, check the parental controls setting so you know if they are playing online with others, or using their social media or browsing capabilities.
7. If your child is using social networks, check the privacy settings to make sure that they are only sharing and chatting with people they know.
8. Get familiar with how your child uses the internet through regular conversations. Ask them to show you what they enjoy doing most on the internet.
9. Make sure your child knows they can come to you without fear or judgement if something they see upsets them or makes them feel uncomfortable.
10. Finally, always remember that you play a major part as a role model for how your children behave. You might want to give some thought about how your child sees you using the internet.



10 easy steps to keep yourself safe online



- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.