



Online: Onguard

A guide to becoming a safer parent online

How to role model good on-line behaviour and teach your children about skills and boundaries to stay safe:

- **Parents can be groomed as well as children-** ask yourself why a stranger might be interested in you or your family, and avoid giving away information which might be used to form a personal link.
- **On line TV / streaming-** any online streaming service can give children access to age inappropriate material. Do not leave children unsupervised for long periods of time, and teach them to come to you if they see something upsetting.
- **Control of data-** be careful what you share, and who you share it with.
- **Consent and concerns-** think about the long term effect of sharing images or information before you post. How will the person in the photo feel about their image in the future?
- **Inappropriate behaviour and comments online-** role model to your children how to be respectful to others, online as well as offline. Do not post images or comments which are going to embarrass shame or bully others.
- **Sharing on social media-** use privacy settings on all devices. Think before you share anything intimate. Turn location settings off.
- **Online gaming-** ask about your children's online friends and the places they are playing. Teach them to come to you if anything bothers them on an online gaming site.
- **Video massaging-** think about what information you have in the background if you are using video messaging.
- **Online dating / contact with strangers online-** people are not always who they say they are. Be careful. Do not share any info about your children on dating sites.
- **Adult sites / pornography-** 18+ content is unsuitable for children. If you access pornography, delete your search history. Talk to your children about healthy relationships.



The most useful sites for parents...

- **Leicestershire Police** - <https://leics.police.uk/advice-and-information/information-zone/child-sexual-exploitation>
Includes info on awareness raising, link to Kayleigh's love story, Link to Info Sharing Tool None emergency – call 101
- **Leicestershire Children's Safeguarding Board (LSCB)** - <http://lrsb.org.uk/concernedadults>
Includes info on awareness raising and a selection of leaflets which can be printed and shared on keeping children safe. Call the boards on 0116 305 7130.
- **Child Exploitation On-line Protection (CEOP)**- <https://ceop.police.uk/safety-centre/>
Info on setting privacy settings on popular apps and a platform to report concerns or abuse witnessed on-line. Includes the 'Think you know' campaign.
- **NSPCC** – <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-exploitation>
Advice and information and e-learning, with separate sections for children, parents and professionals. You can talk to a professional at the NSPCC helpline on 0808 800 5000
- **NSPCC – Talking PANTS** teaches children important messages, like their body belongs to them and they should tell an adult if they're upset or worried
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>
- **Barnardos** - <https://www.barnardos.org.uk/>
Advice and information and e-learning, with separate sections for children, parents and professionals, including films which can be shared. Regional Office number is 0121 550 2594
- **Parents Against Child Exploitation (PACE)** - <http://paceuk.info/>
Info and support for parents, including telephone support. Also an e-learning module to raise awareness. For confidential help and advice, call Pace on 0113 240 5226
- **National Working Group** - <http://www.nwgnetwork.org/>
Info and support for professionals, parents, and young people about staying safe on-line and in the real world. Call for advice on 1332 585371

Top tips of online safety

1. Put a contract in place about the device, between parent/carer and child
2. Make sure that you have the pin to the phone and any passwords for apps that they are using or have access to
3. Set any apps up from your own email address so that you can keep a check on what they are viewing or going on
4. Call your Wi-Fi provider and discuss security settings before giving the items to the child
5. Make sure you know what sites have age restrictions and what they are
6. Have time outs from the phone/tablet set up from the beginning
7. Have consequences in place for over usage and make sure the child knows what these are from the beginning
8. Where possible encourage online use in rooms where you can supervised rather than in bedrooms
9. Show an interest and make sure you are 'friends' with or 'follow' your children on all sites even if you don't use them yourself for any other reason
10. Check your browser history on devices before giving them to children
11. Talk to your child about the dangers and learn from them about using the internet
12. Use the Internet to learn about the Internet
13. Make sure you lead by example when using devices yourself
14. Consider what you share about your children on social media
15. Make us of 'Nanny Apps' these can help limit your childs internet use