

## Top Tips for Parents – E-Safety



- 1. Have a set of internet rules.** These should be discussed and agreed as a family, then reviewed regularly. There are lots of ideas online for this, but you should agree on how much time each child can spend online, which sites they can use, and what consequences there are for breaking these rules.



- 2. Discuss what cyberbullying is.** Your child should know what cyberbullying is and the effect this has on others. Talk about what to do if they or someone they know is being cyberbullied, but also make it clear that there are consequences if they are cyberbullying others.

- 3. Be engaged!** You should be aware of what your child is doing online, the sort of sites and social media accounts they are using and who they are speaking to. Talk to them about this regularly.



- 4. Be clear about privacy and personal information.** Find out about the privacy settings of the sites your child is using, make sure they are activated and ensure that location settings are switched off. Also discuss what sort of information should never be shared online (e.g. address, full name, where they go to school, posting photos while wearing their school uniform.)

- 5. Talk to your child about what to do if they see something they don't like online.** Your child should know who they can go to or talk to if they feel uncomfortable about what they see online.



- 6. Set a good example!** Think about your own behaviour on social media and the internet. Do you model what you expect from your child?