Internet advice for adults

Below are our top tips for keeping children safe online, and some recommended websites where you can find more information.

Top tips

☑ **Browse together** Play and explore online with your child so you know which websites they like to visit and can talk about them together.

☑ **Keep it public** It's a good idea to keep all devices that have access to the internet in a family space so you can be involved and talk about what your child is doing.

☑ **Keep it private** Impress on your children that they should not give out personal information without checking with you first.

Tools to protect children

As well as educating your child about the internet, you may also wish to use the parental controls provided in most web browsers and search engines, and by Internet Service Providers. These can help you restrict access to particular websites, set time limits and monitor where a child is going.

Search engine controls

You can set your search engine to filter out sites that are unsuitable for children. To find out how to do this, type the name of your search engine plus the words 'safe search' into your search engine's search box.

Web browser controls

Most web browsers (such as Internet Explorer and Safari) have parental controls that enable you to block material that is unsuitable for children. To find out more, click on your browser's Help menu, and search for 'parental controls'.

Parental control packages

All the major Internet Service Providers (ISPs) provide parental control packages - for more information, contact your ISP. You can also buy or download parental control software - just ensure you look for reputable companies and check customer reviews.

Keeping your computer safe

Helping your child learn safe internet practices will also help to keep your computer safe from viruses, spyware, adware and other online threats. These are small programs that can seriously damage your computer. You can pick up a virus or other malware from an infected USB memory stick, from an email attachment or from an infected website. Until your child understands the dangers, we recommend you set these rules:

☑ Ask an adult before downloading anything from the internet.

☑ Never open an attachment from someone you don't know.

It is also best to be cautious opening attachments even from people you *do* know. Some viruses are programmed to send emails to all the contacts in a person's address book - so a friend can send you an infected attachment without even knowing.

It is essential to have anti-virus software on your computer and to keep it regularly updated. You can find more information on the websites listed below.

Websites to visit for more information

For more information on keeping children safe online, and keeping your computer secure, visit the following websites.

Thinkuknow website for parents and carers   www.thinkuknow.co.uk/parents/

An excellent source of information on child safety on the internet from the Child Exploitation and Online Protection Centre (CEOP),

Sorted website   www.childnet-int.org/sorted/

Useful information on online privacy and protecting your computer.

AVG anti-virus software   free.avg.com

Free anti-virus software to download to protect your computer.

Get Safe Online website   www.getsafeonline.org

Expert advice on a wide range of online issues

We strongly recommend that children are supervised while using the internet, and that you ensure that they follow our three basic rules for internet safety:

☑ Always ask an adult's permission before using the internet.

☑ Never give out personal information, such as your name, address, the name of your school or telephone number.

☑ If a website asks you to type in your name or email address, check with an adult first.

Websites to visit with children

The following websites are designed for children, to educate them about the internet. We suggest you review these sites yourself, and if you feel they are suitable for your children, visit them together and discuss the issues.

ThinkuKnow website   www.thinkuknow.co.uk/

This website is produced by CEOP, the Child Exploitation and Online Protection Centre. It has areas for different age groups and covers all the main internet activities including chatting, emailing, file sharing and cyberbullying.

KidSmart   www.kidsmart.org.uk/

Another site with lots of information about the different activities children and young teens can do on the internet. There are areas with advice for teachers and parents, too.

Hector's World   www.thinkuknow.co.uk/5_7/hectorsworld/

Cartoon movies for younger children about keeping personal details safe.