



Online Safety Checklist for Parents

Following this simple checklist will help you to start to protect your children online through decreasing any potential risks and helping them to manage their use of technology in a safe and healthy way.



I have asked my child to show me the sites that they use.

This gives your child an opportunity to include you in their online life and social activity. Show an interest and take note of the names of their favourite sites. You can then re-visit these when you are alone. Take your time and explore the space, find out how to set the safety features and learn how to report any issues directly to the site.



I have asked my child to set their profile settings to private.

Social networking sites are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate them in the real world.



I have set appropriate parental controls on my child's computer, mobile and games console.

Filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child's age and abilities. You can also set time restrictions for using the internet or games. Many of the Online Safety tools that we have provided links to on our website provide more information how to set up parental controls on different devices.



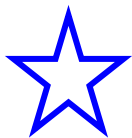
I have agreed screen time boundaries with my child.

Screen time can provide highly beneficial educational, creative and social experiences for your child. However, too much screen time can lead to negative effects on your child's physical, mental and emotional health. Setting boundaries can reduce the impact of the negative effects and including your child in the process means that they are more likely to respect these boundaries.



My child has agreed to tell me if they are worried about something online.

Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communications channel and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.



I know where to get help if I'm concerned about my child.

The websites that we have provided links to offer a range of information and advice for parents with concerns about their child's online presence. Please remember that we are also here to provide support. We frequently share information on our Twitter page and will keep parents updated about opportunities for Online Safety training.