



CROWN HILLS
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Parent Guide

Supporting your child with Internet Safety





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Screen Time

Children are using devices at a younger age, so it's important to consider setting controls on the devices they use. These guides give you simple steps to manage everything from location tracking to social media use and parental controls.

Restrictions you can apply



Apps Access



Browser Access



In App purchasing



Inappropriate content



Media streaming



Online games



Parental control



Sharing Data



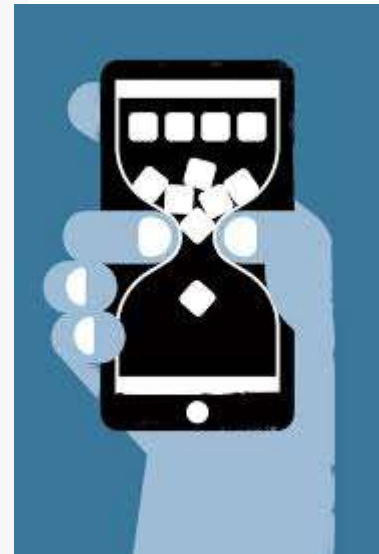
Sharing location



Social networking



Timer



Step-by-step Guides



<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>



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Web safe browsing



The internet is a public and open place, one where anybody can post and share content. This is part of the fun but it does mean that your child might see something that is intended for adults which might confuse or upset them. This could be violent or sexual content, extreme opinion or inappropriate advertising. No matter how young your child is, if they are using the internet you will need to have the conversation with them about 'things they might see' online.

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.



<https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>



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Top Tips

Here are some top tips to keep your children safe online :

1. Get involved in your children's online activity at home and talk

Check you know what applications they are using, especially chat rooms and games played with others online. Ask who their online friends are. Get them to teach you about how things work. Set up accounts with them.

2. Support school

We have an acceptable use policy at school. Use the Family agreement at home. Report any concerns.



3. Encourage Internet use that builds on offline activities

It helps to keep the computer in a family room not tucked away in a child's bedroom. Help your children to use the Internet for homework and leisure interests. Do things together. Reflect on how much 'gaming' time they have.

4. Use some of the tools on the computer to help

Parental settings as found in the screen time section previously.





Useful Links



Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly. Use the links below to help you get what you need.

1. Concerns on how your child is using the Internet and how to report incidents

:

<https://www.thinkuknow.co.uk/parents/>



2. Online Issue, Setting Controls and guides:

<https://www.internetmatters.org/>



3. Social Media Guides:

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Create a contract between you and your child to agree with an acceptable use policy for their devices

Our Family

Media Contract

- Tablet
 Computer/Laptop
 Phone
 Video Game Console
 Connected Toy
 Digital Assistant

You Agree To:

- Only watch videos/visit websites that my parents approve.
- Not download anything without permission first.
- Only spend _____ minutes on the tablet/phone/computer/game each day.
- I can use the devices between the hours of _____ only.
- Tell a parent if I see something that makes me feel uncomfortable.
_____ rooms are off-limits for using any device.
- Ask permission before purchasing anything online.
- All devices should charge overnight in _____.
- I promise not to use any devices during breakfast, lunch or dinner.
- I won't let screen time distract me from homework and my favorite hobbies, like _____.
- Not share any personal information or photos without approval.

We Agree To:

- Watch along with my child & interact while they view videos and apps.
- Keep family meals unplugged.
- Be a good digital citizen and teach my kids to do the same.
- Won't text and drive.
- Review privacy settings with the family.
- Keep all device passwords.
- Turn off all screens _____ minutes before bedtime.

(Parent/Guardian Signature)

(Child Signature)



Additional Resources

Use a Digital Family agreement like the example below to remind children about how they should conduct themselves online. Get involved and be a role model for them too.

Digital Family Agreement



LGfL DigiSafe®

<i>I will:</i>	<i>Why?</i>
Check with mum before getting a new app or game or buying an add-on so she can check it's safe	<i>Put our devices down when you want to talk to me/us so we can model good behaviour</i>
Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry	
Check with mum or dad before going live and explain what I can do to avoid any risks	<i>Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk</i>
Not post or share any personal information, e.g. mobile, address, to stay private and safe	
Put my phone down when we're eating together or mum or dad want to talk, as it's respectful	<i>Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy</i>
Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep	
Come off my devices an hour before bedtime to unwind and Sleep well	<i>Ask permission before sharing any photos of you, to respect your privacy</i>

If there are any issues:
We will talk about it calmly and respectfully
I may have to show you more about what I am doing on devices, or other consequences

If I'm worried by anything:
I can tell mum or dad and they won't judge me
I can talk to Ms Patel at school
I can contact Childline or The Mix

Signed: *Sophie Mum Dad*

Today's date: *24th March*

Date we will review this: *24th May*

Download me again and find more support for parents at parentsafe.lgfl.net.

If you are unsure always seek advice. We are always here to help alongside the vast amount of support available online.

