

## Top tips for keeping your children safe online:

- Find out what your child is doing online
  - Be more familiar with their online world
  - Get them to show you – make it clear from the beginning that you're interested and would like to be involved
  - Agree rules as a family about personal information, time spent online, and contacting people via the internet....reinforce the [SMART rules](#)
  
- Assess the Risks and Opportunities:
  - Where are the devices?
  - What can they do?
  - Can your child get online in his / her bedroom?
  - Have you enabled any parental settings on devices / the internet as it comes into the house?
  - Disable or cover webcams to avoid accidental sharing of images and talk to your child about the risks of sharing images
  
- Know where to go for help and advice
  - Parenting in the Digital Age - <http://www.pitda.co.uk/>
  - Switched on Families (Virgin Media) - <http://keepup.virginmedia.com/switchedonfamilies>
  - Internet [Matters.org](http://www.internetmatters.org/) (for help with controls and filters) - <http://www.internetmatters.org/>

CEOP (for reporting when things concern you) - <https://www.ceop.police.uk/safety-centre/Parents/>