

# Internet Safety Guide

## How might children use the Internet?

learning



gaming



social media



messaging



video calls



listening to music or stories



watching programmes or films



Our Internet use can affect our wellbeing. This might be by:

How much time we spend using the Internet



How we interact with others online



What we watch and engage with



How we portray ourselves online



Although young children won't be using the Internet in all these ways, they will learn from how others use it and what they do. This means it is very important for us to model responsible Internet use and have a healthy balance of online and offline activities.

How can I help my child learn to use the Internet safely and confidently?

Play games together. Young children should always use the Internet with a trusted adult. When you play games, talk about what you are doing and how you are finding it.

Video call family and friends. Talk about how you do this, explaining that you need to know the right number to call and you know this because these people are special to you.

Demonstrate using the Internet to find information. Model questioning what you find and checking with another source if needed.

Use the Internet to watch programmes or listen to music or stories together. Talk about how to find what you want and that you only watch or listen to what you have agreed upon together.

When playing together around the house, notice personal information. This might be on letters or identity documents. Talk about the fact that this information is special because it is about us. Discuss that we need to keep this information safe.

# How can I talk to my child about using the Internet safely?

## How can I help my child to stay safe?

Talk about the Internet, what it is and how we can use it. You should also discuss safety and wellbeing. Keep conversations calm and positive so your child feels happy and confident.

Explore apps, games or watch programmes together. Young children should not use Internet devices unsupervised.

Set boundaries and model following these yourself. Have family rules about online activity and work together to stick to these rules.

Set up parental controls on Internet devices and home Wi-Fi access if possible. You can also activate 'safe search' settings on search engines.

Talk about who your child's trusted adults are. Who can they speak to if they are worried or frightened by anything they see online?

Be approachable. Make it clear that your child can always speak to you about anything at all that concerns them and that you will help.

Ensure that your child gets a healthy balance of online and offline activity. If you've enjoyed playing a game online together, why not enjoy some fresh air together next?



## Where can I find more information?

[www.childnet.com](http://www.childnet.com)

[www.internetmatters.org](http://www.internetmatters.org)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

