



e-safety



Parents' Checklist

- **Think** about how you guide your family in the real world and do the same in the digital world - don't be afraid to set boundaries and rules for your child from a young age.
- **Have** a go at some of the technologies your son or daughter enjoys - play on the Wii together.
- **Talk** to your friends, family and other parents about how they help their children to manage their digital world - you might pick up some interesting tips.
- **Make** the most of tools like Parental Controls on computers, mobiles and games consoles.
- **Try** not to use technology as a babysitter too often - it is important to know what your child is doing and set limits.
- **Make** digital issues part of everyday conversation - show your child you understand how important technology is to them and talk about all its amazing benefits.
- **Agree** a list of websites they are allowed to visit.
- **Decide** time limits for things like using the internet and playing on games consoles.
- **Bear** in mind what older siblings might be showing them on the internet, mobiles, games consoles and other devices and agree some rules as a whole family.
- **Familiarise** yourself with age ratings on games, online TV, films and apps, so that you can be sure your child is only accessing age-appropriate content.
- **Remember** children are ready to learn about keeping themselves safe on the internet as soon as they are ready to use the internet.

<u>HOME AGREEMENT</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Computer							
TV							
Mobile							
Video Games							
Total							

Grandparents' Checklist

- **Take** an interest in how your grandchildren use digital technologies.
- **Do** fun things together, like playing games on their Wii or watching TV programmes on BBC iPlayer and ask them to show you the websites.
- **Talk** to them regularly about their experiences in the digital world so that they can build their confidence and know they can turn to you if something upsets or troubles them.
- **Encourage** them to share any worries or difficult experiences with an adult they trust.
- **Find** out from their parents what technology rules they have in place at home so that you can also stick to them.
- **Make** the most of tools like Parental Controls on computers, mobiles and games consoles.
- **Take** the things you might already be teaching your grandchildren in the real world and apply them to the digital world - like the importance of being kind and considering other people's feelings.
- **Remember**, even very young children use technology so it's never too early to encourage them to use it safely and responsibly.
- **Don't** wait until something goes wrong - help them develop the skills they need to take care of themselves.
- **If** you discover something that worries you, talk to your grandchild and agree with them what to do next, such as talking to their parents.
- **Have** a good look through the Digital Parenting magazine for further information.

Child's Checklist

- **We** ask before we use the computer or games console.
- **We** let our parents know our passwords - but NO-ONE else.
- **We** do not go on any new websites or play any new games without our parent's/carer's permission.
- **We** agree to get off the computer or games console as soon as our time limit is up.
- **We** never give out personal information - such as our last name, address or telephone number - on a website.
- **We** tell an adult if we see something on screen that makes us feel uncomfortable, scared or sad.
- **We** have rules about how, when and where we can use our mobile.
- **We** understand the house rules are to protect us and keep us safe.