

Keeping children safe online matters

And that's why we're here.

Internet Matters is a free online resource for every parent in the UK. We bring all the information you need to keep your kids safe on the web into one, easy-to-use portal, helping you make confident, informed decisions on all the big e-safety topics.

Learn about it

From sexting to cyberbullying, find advice on everything that matters when it comes to children's online safety.

Talk about it

Know the best ways to approach these subjects and have open, honest discussions with your child.

Deal with it

Discover other expert resources for specific issues your child might face online.

**internet
matters.org**

learn about it / talk about it / deal with it

E-safety tips for parents of teenagers

14+ Year Olds

42%

of 9-16 year-olds
accept 'friend'
requests from people
they don't know

Checklist

✓ Adjust controls

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how.

Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

Net Children Go Mobile: The UK Report – EU Kids Online (July 2014)

✓ Keep talking

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

✓ Manage their online reputation

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

✓ Privacy matters

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

✓ Stay safe on the move

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

Know this stuff matters,
but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

Learn about it:

Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



Deal with it:

You can find out where to get help and advice on the Take Action page of internetmatters.org, where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, privacy and identity theft, your child's online reputation, online pornography and child grooming.

Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online

– find out more about the latest apps at internetmatters.org/apps

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matters.org**

1. CHILDNET RESOURCES AND WEBSITES



Childnet: Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. www.childnet.com



Resources for parents and carers: On our website you can access resources on a range of topics, including our previously branded Know IT All for Parents interactive guide. The [Parents and Carers](#) area also contains key advice, information on reporting and detailed information on a range of e-safety topics in the Hot topics section. www.childnet.com/parents-and-carers



UK Safer Internet Centre: Childnet is part of the European Commission appointed UK Safer Internet Centre. Together with partners the **Internet Watch Foundation** and the **South West Grid for Learning**, we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at www.saferinternet.org.uk/parents.



KidSMART: This Childnet website is for children, teachers, parents and carers and offers fun activities for children alongside practical internet safety advice. Don't forget to check out our Early Surfers' Zone for 3-7 year olds where you can read the online stories 'The Adventures of Smartie the Penguin' and 'Digiduck's Big Decision', which is also available as a free app for iPads and Android tablets. www.kidsmart.org.uk



2. INFORMATION AND TOOLS FOR PARENTS & CARERS



Supporting Young People Online: A free guide created by Childnet providing Information and advice for parents and carers on supporting young people online. The advice is also available in 12 additional languages including Arabic, Hindi, Polish, Spanish, Urdu and Welsh. www.childnet.com/resources/supporting-young-people-online



A Parents' Guide to Technology: The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly. www.saferinternet.org.uk/parent-tech



Internet Parental Controls: The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to download and use these controls are available on the UK Safer Internet Centre website. www.saferinternet.org.uk/parental-controls



Safety Tools on Social Networks and Other Online Services: Information and advice on the safety tools, age requirements and terms and conditions for a variety of online services popular with young people. www.saferinternet.org.uk/safety-tools

3. SOCIAL NETWORKING



Young People & Social Networking Sites: Aims to help parents understand the positive and creative ways young people are using social networking spaces (e.g. Facebook, Twitter and Instagram). It also points out the potential risks of using these sites and ways to minimise these risks. www.childnet.com/sns



Social Network Checklists: Free guides produced by the UK Safer Internet Centre that contain detailed instructions and information on privacy and account settings on Facebook, Twitter, Snapchat and Instagram. www.saferinternet.org.uk/checklists

4. MOBILE PHONES



PhoneBrain: A site created by PhonepayPlus to educate young people and parents about phone-paid services such as calls and texts to premium rate numbers and in-app purchases. www.phonebrain.org.uk

5. ONLINE GAMING



Ask About Games: Information and advice for parents and gamers about the PEGI age rating system for video games and how to play games responsibly and safely. www.askaboutgames.com