

- Set clear ground rules and have open and honest conversations with your child about what they are doing, which sites they are visiting, as well as who they communicate with and how.
- Use technology to protect them, such as blocking and filtering programs – there are some links below to websites that can offer help with this, or your internet provider may be able to offer some advice.



**CUMBRIA
CONSTABULARY**

Online Safety advice for Parents

**Using the internet can
be an educational and
fun family activity.**

**Cumbria's Child
Centred Policing team
have provided some
advice and links to
help parents keep
their child safe online.**

- Frequently check your child's browser history – if unsure how to do this, plenty of information is readily available on the internet.
 - Warn your children about the dangers of the internet, just as you would about talking to them about the dangers of drugs, talking to strangers etc.
 - Talk to your child about not responding to angry, obscene or threatening messages, reminding them to tell a trusted adult. Reassure that it is not their fault if they receive bad messages.
 - Encourage open and honest conversations around sending inappropriate pictures/videos. Acknowledge mistakes are made, but we can learn from those mistakes.
 - Explain the importance of keeping personal information secret – real names, home address, phone number, school attendance etc. Ask who can see what they post online.
 - Consider placing the computer / device in a central area of your home where you can monitor it frequently.
 - Report inappropriate online activities.
 - Monitor screen time – consider setting daily limits.
 - Model healthy online habits.
- Be alert for signs of trouble, such as**
- **Overuse of the computer / device**
 - **Bad or explicit language**
 - **Obsession with violent fantasy games**
 - **Unexplained long distance phone numbers on their / your phone – they could be in contact with a stranger.**

[CEOP Safety Centre](#)


[Homepage - UK Safer Internet Centre](#)


[Keeping children safe online | NSPCC](#)


Information on social media


Establish age-appropriate ground rules, including time limits, acceptable areas to access and reasonable penalties if the rules are broken.


There is a lot of information available online regarding social media, including how to set up parental controls and the features and dangers of certain social media platforms. These platforms offer advice on how to keep your accounts safe etc. Below is some information on some of the more popular social media platforms.


 Facebook – age rating – 13
Potential risks – users typically overshare, getting tagged in photos and locations. Many don't have private profiles so anyone can access the information.


 Instagram – age rating – 13
Potential risks - anyone can DM (direct message) another person, even if their account is private, UNLESS DM's are restricted. Inappropriate images are common. 'Finstas' – fake Instagram accounts which are often used for cyberbullying.

 WhatsApp – age rating – 16+
Potential risks – group chats – these have been linked to cyberbullying. Photos will automatically be saved to your phone, UNLESS you change this in settings.

 Snapchat – age rating – 13
Potential risks – Snapchat features, particularly Snapstreak, can be addictive. Snap map – shares your exact location with friends.

 TikTok – age rating – 13
Potential risks – TikTok challenges, some of which have been deadly i.e. the blackout challenge. Lots of inappropriate content.

 Omegle – age rating – 17+
Potential risks – allows users to communicate with others without the need to register. Connect in 1-2-1 chat or video sessions.

 Discord – age rating – 17+
Potential risks - serves as a chat platform for users. Seen as quite a mature environment.

Please find some a link to a website that contains more information:

[App Reviews for Parents and Caring Adults | Protect Young Eyes](#)