

Social Media

Social media is a wonderful resource but it is not without its risks.

Here are a few ways you can help keep your child safe online.

1) **Put yourself in control:** Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

2) **Search safely:** Use safe search engines such as swiggle.org or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

3) **Is it safe:** see the age restrictions of some popular apps.

4) **Explore together:** The best way to find out what your child is doing online is to ask them to tell you about it. Check out apps that mirror their phone to yours—check out: **flashgetkids**, **KidsGuard Pro** etc

5) **Agree boundaries:** Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet—should they have this alone and at night time in their room?



Age Restrictions for Social Media Platforms

(Ages specified in terms as of 2014)



Please visit:

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Internetmatters.org

For more in-depth information about internet safety.