

Online safety tips for parents of primary school children 6-10 Year Olds

internet
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Checklist:

Agree on boundaries

Be clear about what your child can and can't do online – where and when 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.

When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.



Learn about it:

Teach your child some simple rules

- Make sure your child knows **not to share personal information** like their phone number or email address online.
- Encourage them to **only talk to real-life friends or family** if they are on sites with a social media or chat element like Roblox.
- **Use privacy settings** wherever they exist to keep their information private - help your child to set these up. Remember that the default on many sites is public.
- **Be a good online friend** and don't say nasty things even if it's just a joke.
- Direct them to use **secure and legal sites to download** music and games to avoid experiencing the risks associated with streaming content from unauthorised sites. Visit our ['Dangers of digital piracy' advice hub](#) more advice.
- Advise them to **Check attachments and pop-ups for viruses** before they click or download anything and ask if they aren't sure. You can set up their phone/tablet so you need to grant permission before they are able to download an app or game.
- **Encourage them to use Public Friendly WiFi** when they're out and about to filter inappropriate content but also use the parental control tools on the device just in case they do connect to an unfiltered WiFi - the most likely place for this to happen could be at a friend's house.
- **Help them to better understand the different online platforms they use** and judge the quality and reliability of online resources. Take a look at our [fake news and misinformation advice hub](#) to help children spot, and stop the spread of fake news online.

