Online Safety For Parents – basics

Apps to help manage screen-time and content at home:

Net Nanny: Net nanny uses Artificial Intelligence to block content before your child sees it. The app enables you to monitor your family's digital habits, limit screen time, and block specific apps and websites.

Mobile Guardian for Home: Similar to Net Nanny, you can block apps, websites, and YouTube content. It also enables device tracking and digital curfews for bedtime.

QTIME: QTIME is not an app. It is a HDMI attachment for PS4 and XBOX. It plugs in to set up an allowance and a time window each day of the week using your phone app. Once the time is up, QTIME turns the TV screen off automatically.

App Age limits:

Facebook: 13

Instagram: 13

Twitter: 13

Tik Tok: 13

Messenger: 13

Snapchat: 13

Reddit: 13

Pinterest: 13

WhatApp: 16

YouTube: 18

Telegram: No Limit.

Online Safety:

When talking about online safety with your family its best to work as a TEAM:

- **T**alk openly about staying safe online
- **E**xplore their online world together
- **A**gree rules on what's OK and what's not.
- **M**anage your family's settings and controls.

Make sure your family is aware of what the risks are in the online space through open discussion. Shame can lead to hiding behaviour, and there is always a solution.

Reporting and Blocking

- Make sure you know how to report inappropriate behaviour or language, and that your privacy controls are tight. This will look different on every platform.
- If appropriate, have these conversations with your young person so they feel involved.
- Check each Apps' user guidelines, and any additional measures you can take to keep your child's account safe. For example, Tik Tok has a feature where you can link your account with a child's. Watch a video [here](#) on how to do this.

Password safety:

- Never share your password
- Make your password difficult to guess- include numbers, capitals, and special characters

Your password should have:

8-16 characters

Contain a mix of UPPER and lower case letters

At least one special character,

And at least one number

Managing gaming

Gaming is an important part of many people's lives. It provides opportunities for socialising and community building, as well as engaging and stimulating the brain. Online gaming can provide satisfaction and positive reinforcement, it can build confidence – but that can make it addictive. Escapism and socialisation can also be big factors. Open and mature conversation with the child can help them manage their own time spent gaming and encourage their own sense of responsibility. There is no need to ban gaming completely, but time limitation is beneficial, especially in the evenings as 'blue light' from screens affects sleep hormones.

Useful websites:

- [Internet Matters](#) – **for resources and advice by age, supporting families online with fake news, cyberbullying and sexting**
- [Parentzone](#) – **resources and guides on apps and websites – be internet legends!**
- [Commonsense](#) – **search for advice and reviews of media content and websites**
- [Childnet](#) – **part of the UK Internet Safety Centre**

internet matters.org

Childnet

common sense media