

Contd.	Under 5	Ages 6 – 9	Ages 10 – 12	Ages 13+
<b>Talking</b>	Let other family members, babysitters know the rules too	Agree rules as a whole family especially if there are older siblings	Speak about the kind of things they may see online – they might be searching for information about their changing bodies, relationships	Give your child responsibility of managing an agreed budget for downloading apps, music etc
<b>Things to remember</b>	Remember that there will be no parental controls on public WiFi so keep an eye on what your child may be looking at in public places.  Set the homepage on your family computer/tablet to an appropriate website eg CBeebies.	Talk to other parents to find out their views on things like what age your child should get a mobile phone etc. Don't feel pressured into getting anything if you don't think they're old or mature enough.  Check age ratings and descriptions on games, online TV, films and apps so that you can ensure your child is seeing age appropriate content	Talk to other parents and school about letting your child sign up for Facebook, YouTube. Minimum age is 13.  Remind your child that they shouldn't do anything online that they wouldn't do face to face	Discuss what's legal and what's not for downloading, copyright etc.  Discuss with your child the Parental Control settings you set according to their maturity and agree what is acceptable online behavior

For more information and on the work of the Shetland Child Protection Committee please click on the link <http://www.safershetland.com/child-protection>

**Other Useful Links:** <http://www.thinkuknow.co.uk>, <http://www.ceop.police.uk>  
<http://www.childnet.com>, <http://www.childline.org.uk>

If you wish to report a website that concerns you, contact the Internet Watch Foundation <https://www.iwf.org.uk>

If you are concerned about a child - tell someone what your concerns are - speak to a teacher, doctor, social worker, police officer.

**Contact Numbers:-**

Duty Social Worker - (01595) 744421 / Out of Hours - (01595) 695611  
Lerwick Police Station - 101 (in an emergency call 999)  
Scottish Children's Reporter Administration – 0300 200 2200  
Childline – 0800 1111



*Shetland Child Protection Committee*  
*Safeguarding Children and Young People in Shetland*

**Stay Safe on the NET**  
**Tips for Parents and Carers**

**Boundaries**      **strangers**  
**Family**      **Facebook**  
**Privacy**      **Games**      **Access**  
**Conversation**      **Age**  
**Internet Watch Foundation (IWF)**



## Set Rules and agree Boundaries as a family

Boundaries for how long your child can spend online;

Agree as a family so devices can be shared fairly;

Tools are available to help you manage and monitor access. You can search online for each device to give you instruction as to how to set up access eg, vodaphone, youtube, xbox etc.

## Talk about Online Safety and get Involved

Have light conversations often about online safety;

Ask your child about what they do online eg what sites they visit, who they talk to;

Make internet use a family activity;

Share the rules with babysitters and other family members;

Talk to other parents, find out what they do and don't allow.

## Know who they are Talking To

Let your child know that strangers can pop up anywhere online eg e mail, social networking sites, games;

Talk to your child about what they share with someone they've only met online;

Be friends with your child on social networking sites;

Get an understanding of the games they play online;

Make sure your child knows that they can come to you to ask for advice if someone they don't know contacts them online;

Show your child how to report abuse and how to block people on websites, this link will help you <http://www.ceop.police.uk>

## Check Content is Age-Appropriate

Check age ratings of games, movies, websites.

## Use Parental and Privacy Controls

Set up appropriate privacy settings on social media and websites;

Adjust the parental controls to suit your child's age;

Always log out of your online accounts.

	Under 5	Ages 6 – 9	Ages 10 – 12	Ages 13+
<b>Big Issues</b>	Set some boundaries eg limits for amount of time spent on computer	You can create a user account for your child on the family computer and make use of Parental Controls and tools like Google Safe Search	Make sure online privacy and information sharing boundaries are set as your child will start to use the internet more for homework and socialising	It's not too late to reinforce boundaries. Your child might think they have the know-how but they still need your wisdom and guidance
<b>Basics</b>	Try to keep your devices out of reach and put passwords/PINs on them for when they get hold of them!	Agree the websites your child is allowed to visit and what kind of personal information they can / should not reveal online eg home address, school	Remind your child to be responsible and take care of their devices when out and about to decrease risk of theft	Talk to your child about how they might be feeling or exploring issues related to their health, wellbeing and body image online. There is inaccurate and dangerous information available on the web that they might come across especially if they are feeling vulnerable
<b>Checking</b>	Check the age ratings and descriptions on anything before downloading eg apps, games, online TV and films, before your child watches them	Agree time limits for using the internet and games	Talk to your child about what comments, photos, videos eg they post online. Remind them that this could be seen by anyone and on the web forever	Discuss their behavior towards others and what is posted online about them. Try to have a conversation about difficult things like pornography, sexting