Parents

**Online safety within the home**

1. **Set fair and consistent rules** in relation to your child's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world.

2. **Teach your child to think critically** about what they see, read or hear online. For young children encourage them to ask "what would mom or dad say about that"? As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them.

3. It's much harder for people to empathise with each other when their communications are digital. It's why trolls find it easy to post horrible messages. Helping your child to understand that and pause and think about the impact of things posted online, will help them cope with some difficult behaviour they will come across and avoid getting caught up in it.

4. Maintain a **positive** outlook on your child's use of the internet. Whatever you think to the stuff they watch or the hours they spend on Instagram or Youtube, if you constantly criticise the apps or games they love, they are not going to want to talk to you about their online life.

5. Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps. **Try and keep calm and carry on! Think carefully about blocking apps or websites.** This can exacerbate the problem. Making sure they know where to go for help if they need it, and recognising if they are not recovering well so you can step in and help. Don't forget parents can also talk to their child's school about online safety.

6. **Allow your child to explore and take charge of their online life.** Having some control over any given situation is an important part of resilience – and such an important part of digital resilience. It's essential in helping them understand and develop their own sense of what's right and wrong online.

Setting up and implementing the 3 D's at home is vital

- **Digital free zones – keep technology downstairs**
- **Digital role models – parents lead by example online and with digital usage**
- **Digital sunset – young people need to come away from technology before they go to sleep**
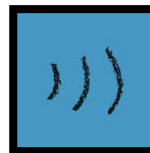
3 great apps to download:

- **Netware** aimed at parents highlighting different apps and games young people use.
- **Internet Matters (tablet only)** is a fun interactive online safety quiz that can be used at home with children.
- **Youtube for kid's app** aimed at young children

Northamptonshire County Council