

## **Internet Matters Checklist: Supporting 6-10-year-olds online**

### **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.

### **Explore together**

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

### **Put yourself in control**

Install 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.

### **Use airplane mode**

Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

### **Stay involved**

Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

### **Talk to siblings**

It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

### **Search safely**

Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

### **Check if it's suitable**

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. Although sites aimed at under-10s like Moshi Monsters and Kudos also have social networking elements.

**Please talk to the school if you have any queries or concerns.**

## Useful guides and resources



### **Net Aware**

A parent guide to the social networks, websites, apps and games that children are currently using from Common Sense Media, NSPCC and O2.

<https://www.net-aware.org.uk/>



### **Safer Internet Centre**

Tips, advice, guides and resources to help keep your child safe online.

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>



### **O2 and NSPCC online safety helpline**

From setting up parental controls to reporting online bullying, you can call the free helpline on 0808 800 5002, or visit an O2 Guru in store.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>



### **ThinkUKnow**

Guidance from CEOP on how to talk together as well as giving practical and technical advice.

<https://www.thinkuknow.co.uk/parents/>



### **Parent Info**

Parent Info is a collaboration between CEOP and Parent Zone. It provides high quality information to parents and carers about their children's wellbeing and resilience.

<https://parentinfo.org/>



### **Internet Matters**

From age-specific online safety checklists to parental control set-up guides on a range of devices, you'll find plenty of practical tips to help kids get the most out of their digital world.

<https://www.internetmatters.org/>



### **Supporting Young People Online**

Information and advice for parents and carers on supporting young people online. The leaflet is available to download in multiple languages.

<https://www.childnet.com/resources/supporting-young-people-online>



### **Internet Matters Wellbeing Apps guide**

A list of popular (FREE) wellbeing apps recommended by Internet Matters.

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>