

# **Internet Matters Checklist: Supporting 11-13-year-olds online**

## **Have free and frank discussions**

Encourage your child to talk to you about how they use the internet and show you what they do. Discuss with them the kinds of things they might come across. A good time to talk is when they get a new device or mention a new website.

## **Manage their devices**

Encourage them to use their tech devices in a communal area such as the living room or kitchen and set up a user account for your child. If you think they aren't old enough to have a mobile phone or tablet, stay firm and explain the reasons why.

## **Put yourself in control**

Activate parental controls on your home broadband, all devices including mobile phones and games consoles. Safe search settings can also be activated on Google (and other search engines), YouTube and on entertainment sites like iTunes and iPlayer.

## **Stay safe on the move**

Be aware that if your child is accessing the internet using public WiFi they may not have safety features active. Some providers are part of family friendly WiFi schemes with filters to block inappropriate content. Look out for friendly WiFi symbols like Mumsnet Family Friendly WiFi and RDI Friendly WiFi symbols when you're out and about.

## **Have an agreement**

Agree and set boundaries with them or have a family contract for their internet use, including when and where they can use portable devices and for how long, before they get used to doing their own thing.

## **Start discussions about social networking early**

Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

## **Keep private information private**

If your child does have a social networking profile, teach them to block or ignore people and how to set strict privacy settings. Request that you or someone you both trust becomes their 'friend' or 'follower' to check that conversations and posts are appropriate.

## **Check age ratings**

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 age limit is 13 for several social networking sites including Facebook and Instagram.

**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/>