

# Introduction

Due to these unprecedented times, children may be utilising more technology than they otherwise would. Therefore, follow these guidelines to help you make the most out of the world of technology.



A source of entertainment and technology recommendations for families.

[www.commonsensemedia.org](http://www.commonsensemedia.org)



Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly

[www.internetmatters.org](http://www.internetmatters.org)



A place to find online safety tips, advice and resources to help children and young people stay safe online.

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## EXPLORE TOGETHER



Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.

## SEARCH SAFELY



Use safe search engines such as [swiggle.org.uk](http://www.swiggle.org.uk) or [www.kiddle.co](http://www.kiddle.co). Safe search settings can also be activated on Google and other search engines, as well as using [www.youtube.com/kids/](http://www.youtube.com/kids/)

# KEEPING CHILDREN SAFE ONLINE

## PARENTAL CONTROLS



Install parental controls on your home broadband. Most Internet-enabled devices also allow you to set parental controls so you can manage what they can see online. For more support go to: <https://www.internetmatters.org/parental-controls/>

## USE PASSWORDS



Keep your devices out of reach and set passwords on all your internet-enabled devices and don't share them. Use <https://www.dinopass.com/> to show children the importance of creating safe and strong passwords

## 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. The minimum age limit is 13 for social networking sites, including Facebook and Instagram [www.commonsensemedia.org/app-reviews](http://www.commonsensemedia.org/app-reviews)

## FAKE NEWS, MISINFORMATION AND CORONA-VIRUS



With increasing fake news around coronavirus and levels of reporting causing concern and confusion, children and young people may find it harder to separate fact from fiction.

- ➔ Check the **source** of the information.
  - Use fact-checking sites like Full Fact or Snopes
  - Do a search on the author or organisation that it comes from
  - Check if the information comes from a reputable site
  - Check if the web address looks suspicious
- ➔ Don't repost **false information**
  - It can be tempting to share something that is shocking with others but it may cause more people to be misled into believing something is true when it's not