



Internet safety
staying safe together

Internet use and safety for under 5s

The internet is a fantastic source of both fun and learning, but you need to follow some simple guidance to keep your child safe.

- ✓ Always sit with young children when they use the internet
- ✓ Adjust built in tools, such as parental controls, browser settings, filters, SafeSearch options and privacy controls (the UK Safer Internet Centre has a guide to doing this through your internet service provider)
- ✓ Think about how you support your child in the real world and do the same in the digital world, treat the virtual world like you would an 'open door' in your house
- ✓ Keep devices like your mobile/tablet out of reach and make sure you have passwords/PINs set up on them for the times you might let your child use them (or they simply get hold of them themselves!)
- ✓ Set boundaries and rules, especially for younger children e.g. the amount of time they can spend

on the computer/device, only using them with a grown up

- ✓ Check the age ratings and descriptions on apps, games, online TV and films before downloading them and allowing your child to play with or watch them
- ✓ Remind older brothers and sisters that certain websites, devices and play station/x-box games might not be appropriate for younger children in the family
- ✓ Explain your technology rules to grandparents, babysitters and the parents of your child's friends so that they also stick to them when they are looking after your child
- ✓ Remember that public Wi-Fi might not have parental controls on it
- ✓ Set the homepage on your family computer or tablet to a child appropriate website, such as cbeebies
- ✓ Social networking aimed at grown-ups, such as Facebook and Twitter are not suitable for children. The suggested minimum age for most social networking sites is 13.

Further information can be found at:

- www.saferinternet.org.uk
- www.thinkuknow.co.uk
- www.bbc.co.uk/cbeebies
- www.vodafone.com/parents
- www.kidsmart.org.uk
- Detsafeonline.org
- Look for our 'Top Tips' leaflets about safety on mobile devices and a guide to television use

