

Virgin Media - Websafe. Cost: FREE as long as you have virginmedia internet. "Web Safe helps to protect any device that's connected to your home broadband network. Customisable settings let you choose the level of protection that's right for your home, so you can easily block access to known fraudulent websites or those that aren't suitable for kids." Check out www.virginmedia.com/shop/broadband/parental-control for more information and setup guides.

Plusnet - Safeguard. Cost: FREE as long as you have plusnet internet. "If you're worried about what your children can see online, you can use SafeGuard to help prevent access to inappropriate content. This can include sites with adult content, gambling, violence and the threat of cyber bullying through messaging and social media. Even if you're using SafeGuard, we strongly recommend parents and guardians supervise their children's activities where possible, to ensure they're acting responsibly online and don't over-share information to others." Check out www.plus.net/home-broadband/safeguard for more information and setup guides.

Useful websites

There are a range of useful websites that provide information for parents and children:

- * www.digizen.org
- * www.childnet.com
- * www.getsafeonline.org
- * www.dcsf.gov.uk/ukccis
- * www.en-gb.facebook.com/help/325807937506242/
(facebook privacy setting)
- * www.help.twitter.com/en/safety-and-security#ads-and-data-privacy (twitter privacy setting)
- * www.support.snapchat.com/en-US/a/privacy-settings
(snapchat privacy setting)

Need Advice / Got Concerns

Some useful websites to help you control what your internet and mobile devices can do:

www.internetmatters.org



internet matters.org

www.saferinternet.org.uk

If you have concerns or want to report an incident these websites can help you find the appropriate services:

www.thinkuknow.co.uk



www.ceop.police.uk

SAFEGUARDING TEAM

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Mrs Kirenveer Athwal

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Mrs Sukhjinder Sanghera

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As well as being involved in your child's life online, there are a number of tools that you can use to help keep them safe:

- Privacy Settings
- Parental Controls
- Internet Service Provider (ISP)

Privacy Settings

Most social networking sites, like Facebook, now give you a lot of control over what is shared and who its shared with. 'Privacy Settings' normally let you control:

Who can search for you - this means that when people search your name on a site, your profile does not come up unless you allow it.

Who sees what - this means that you can control the information you share, like your photos or wall posts. You can usually restrict this to friends only, friends of friends, certain groups of friends, or everyone.

Who can post information about you - some sites enable others to 'tag' photos of you or share other information about you, like your location. Many sites enable you to restrict people's ability to do this.

It is important that you stay up-to-date with the privacy settings that your child uses and help them stay in control of their profile. For more information about privacy settings in go to www.google.com and type in 'Privacy settings for (insert-name-here)'

Parental Controls

As a parent or carer it can be difficult to monitor what your child is up to online. Most parents and carers trust their children online, but it can be easy for a child to stumble across things that might upset or disturb them. Filtering and moderation packages are a good way to stop

the majority of inappropriate and harmful content coming into your home. They are a tool to help you set and change online boundaries in line with your child's development.

There are some great packages out there, some are free and some come at a cost. Make sure you get one that suits your family's needs and budget.

How can this help me?

Every parental control package is different, but most provide services such as:

- **Filtering** - content to restrict access to particular sites, such as pornographic websites.
- **Time limits** - restrict the amount of time your child can be online, or set periods of time where your child can access certain sites.
- **Monitoring** - where you are informed of certain sites that your child is attempting to gain access to.
- **Reporting** - where you are provided with information about what sites your child has used.

Where do I get them?

There are three main levels for applying parental controls:

- **Internet Service Providers (ISPs)** - These are the organisations that pipe the internet to your home (like Virgin Media, Talk Talk, Sky and BT). All of the major ISPs provide parental control packages. These can allow you to apply controls across all of the devices that access the internet through your home connection – such as laptops, games consoles, mobiles, tablets, etc.
- **Devices that connect to the internet** - Most computers, mobiles, games consoles, tablets, etc now come with parental controls that can be applied.

For example, within Windows and the Mac operating

systems, there are parental controls that can be set for individual devices.

- **Software** - There are a wide range of packages available to buy or sometimes download for free - always look for reputable companies and check out reviews online.

Does this make my child safe?

Parental controls will never make the internet 100% 'safe'. They should not be used as a substitute for communicating safety messages to your child. Make sure that you talk to your child about their behaviour online and remember, your home is not the only place they will be accessing the internet! Never ask your children to set these settings, if you are not confident in putting these in place ask a family friend or the shop assistant to help.

Internet Service Provider (ISP)

BT - BT Parental Controls. Cost: FREE if you have BT internet. "This network-based filter covers all internet-enabled devices connected via the BT Hub in your home - such as desktop computers, laptops, games consoles, smartphones and tablets. Every customer joining BT is given the choice whether or not to activate the parental controls when setting up their internet connection for the first time." Check out www.bt.com/help/parentalcontrols for more information and setup guides.

TalkTalk - HomeSafe. Cost: Free if you are a talktalk internet. "Built into the broadband network itself, HomeSafe is designed to help you block every device in your home from websites you've defined as unsuitable for your home. Parents also have the option to control the after school homework routine specifically. It's been developed in partnership with their panel of parents and online safety experts." Check out www.talktalk.co.uk/shop/security/homesafe for more information and setup guides.