

Online safety tips for parents of 11-13 Year Olds

Checklist

- Put yourself in control**
Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.
- Agree boundaries**
Have a family agreement about 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.
- Have a conversation**
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. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

- 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 several social networking sites, including Facebook and Instagram.
- Get them clued up about social networking**
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.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

*Source: Conducted by Ginger research on behalf of Internet Matters Ltd. Online survey of 1,001 children aged 11-16, with parental supervision.