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Take Care Help is There
FREE & CONFIDENTIAL SERVICE

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Cyber Safety Strategies for Parents & Guardians

- ✓ Check privacy settings on any social networking site that your child might be using (Are accounts open to the public or set to private?)
- ✓ Set to “Friends” or “Approved Followers” only
- ✓ Check that “Friends” and “Followers” on social networking sites and on social messaging apps are known to and trusted by your child. Turn off ‘location sharing’ on sites/apps
- ✓ Add your own email as a contact where possible
- ✓ If possible, keep devices such as game consoles & computers etc in a common area of the home (In a family space)
- ✓ Explain the potential dangers of giving out personal information and photos to others Online
- ✓ If your child has a phone - check what functions are on it
- ✓ Check the PEGI rating system on games. This is the Pan European Game Information System that will provide age recommendations and content descriptors
- ✓ Talk about Cyberbullying. Ask your child would they know what to do if they became the victim of online bullying
- ✓ Reassure your child that they can come to you if they are worried about anything that has happened online

Resources

ThinkUKnow, Webwise, YouTube Policy & Safety, and Common-Sense Media

I have attached some general advice for parents. Below you will also see links that I find an excellent help and refer to them often. These sites are the places where **parents/educators** will find the most recent advice on social networking sites and messaging apps and get good general advice on social media/Internet use when helping young people stay safe online. As I mentioned the last night, if parents follow these links on social media themselves, they will see the most recent updates appear on their own news feeds))

<https://www.thinkuknow.co.uk/>

<https://www.common sense media.org/>

<https://pegi.info/>

<https://www.webwise.ie/>

<https://www.youtube.com/about/policies/#community-guidelines>

<https://cyberbullying.org/>