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Quick Guide to

DIGITAL PARENTING



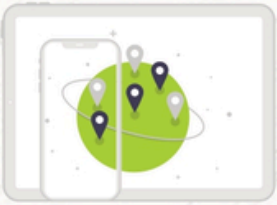
www.digitalparenta.com



When having the first online safety talk with children, it's essential to keep the discussion age-appropriate, clear, and open. Here are the key points to cover:

1 What the Internet Is

Explain that the internet is a tool where people can communicate, learn, and play but also a space where not everyone is who they say they are. Encourage curiosity while emphasising that not everything online is trustworthy



2 Personal Information



Teach the importance of keeping personal information (like home address, school, passwords, and family details) private. Let them know that sharing too much online can make them vulnerable

3 Stranger Danger

Explain that just as they shouldn't talk to strangers in real life, they shouldn't engage with people they don't know online. Encourage them to come to you if someone they don't know tries to contact them.
Office for National Statistics



4 Cyberbullying

Discuss what cyberbullying is and encourage them to come forward if they or someone else is being bullied online. Emphasise that they should never participate in bullying

5 Respectful Online Behaviour

Teach children to treat others online the way they would want to be treated. Remind them that everything they post can stay online forever, even if deleted



6 Reporting and Blocking



Show them how to report inappropriate content or behaviour and block users on platforms they use. Encourage them to tell an adult if they see something upsetting or strange

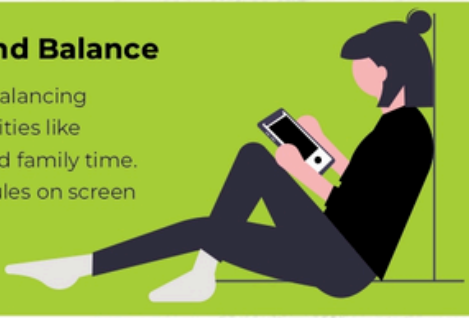
7 Scams and Phishing

Warn about online scams and the importance of not clicking on unfamiliar links or giving out personal details. Explain what phishing is and how they can avoid it



8 Screen Time and Balance

Discuss the importance of balancing screen time with other activities like homework, outdoor play, and family time. Set clear, age-appropriate rules on screen time limits



9 Privacy Settings

Go over the privacy settings on their devices, apps, and games. Teach them to use strong passwords and why it's important to protect their accounts

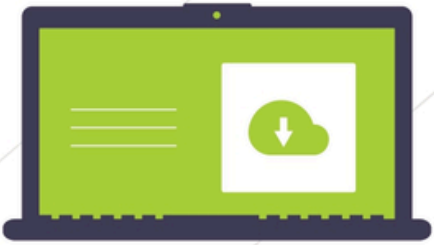


10 Coming to You for Help

Reassure them that if they ever feel uncomfortable, confused, or scared about something online, they can come to you without fear of punishment



Windows Laptop



Step 1: Add a Child Account

- Open Settings (gear icon).
- Go to Accounts > Family & Other Users and add your child.

Step 2: Use Microsoft Family Safety

- Visit Microsoft Family Safety on a browser.

Step 3: Set Screen Time

- Pick how many hours your child can use the laptop each day.

Step 4: Block Websites

- Family Safety can block bad sites automatically.



Android

Step 1: Get the Family Link App

- Go to the Play Store (shopping bag icon).
- Search for "Google Family Link" and install it.

Step 2: Connect Your Child's Phone

- Follow the app's instructions to link their phone to yours.

Step 3: Set Restrictions

- Open Family Link to block bad apps and set screen time limits.

Step 4: Set a Bedtime

- Use Settings > Digital Wellbeing to turn off the phone at night.

iPhone



Step 1: Open Settings

- Tap the gear icon on the phone.

Step 2: Turn on Screen Time

- Find Screen Time in Settings, then tap to turn it on.

Step 3: Block Content

- Use Content & Privacy Restrictions to block adult stuff.

Step 4: Set Downtime

- Pick times when the phone won't work, like bedtime.

Help & Support

CEOP Safety Centre - Report concerns about online sexual abuse, grooming or exploitative communication.
www.ceop.police.uk/safety-centre

Childline - Confidential support for under-19s, online or by phone: 0800 11111.
www.childline.org.uk

Report Remove - For under-18s in the UK to report sexual images or videos of themselves for removal.
www.childline.org.uk/report remove

NSPCC Helpline - Advice for adults worried about a child: 0808 800 5000.
www.nspcc.org.uk

Police - 999 for immediate danger; 101 for non-emergency concerns.
www.police.uk

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