



one of their friends is doing something that could be potentially dangerous.

They must not put their address, phone number or e mail address online.

School and personal passwords must never be shared with other children. Sharing passwords allows them to take control of your child's account.

Reassure yourself that your child is not visiting unsuitable sites that may expose them to pornography, violent extremism, computer viruses or online bullying.

Install family protection software. Most Internet providers supply it free and it allows you to restrict the sites that your children can visit.

If you think your child may be putting her or himself at risk online, ask for help from the Family Information Service (020 7364 6495) or the Support for Learning Service (020 7364 6440) or your child's school.

If you would like advice on parenting please e mail [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)

If you would like advice on dealing with bullying or cybersafety in schools in Tower Hamlets call the Support For Learning Service on **020 7364 6440**.

For more general advice visit:

<http://www.childline.org.uk>  
<http://www.cybersmile.org>



# Keep your children safe online

Practical advice for parents and carers





It's almost certain that your children know a lot more about social media, computers and mobile phones than you do.

Here are some simple things you can do to make sure they stay safe.

## Technology is part of everyday life

Your children need to be able to use computers in school and when they enter the job market. Along with smartphones, tablets and games machines technology is now a big part of how they relax and socialise.

As a parent or carer it's your responsibility, along with school staff, to keep them safe. In exactly the same way that you give them space and time with their friends in the real world you let them go online. You also reassure yourself that you and they are aware of how to minimise the risks.

## The basics

Agree with your children how much time they can spend online. They may need to do homework, listen to music, play games and chat, but let them know that they are offline half an hour before bedtime. They will sleep better.

Talk to your child and find out which social media and messaging sites they use. These include Facebook, Youtube, Twitter, Instagram, Vine, Whatsapp, Viber and new ones come along all the time.

Ask them to show you who their online friends are. For school age children these should only be people you or they know in real life such as relatives, schoolmates, neighbours etc. It is very easy for anyone to create a false identity online and start a "friendship" with your child.

Ask them to tell you which online names and identities they use.

Become friends with your children online. Tell them to "defriend" or block people they don't know, you aren't sure about.



If they are reluctant insist that an adult you trust is one of their friends.

Ask them to show you their privacy settings. These should allow only trusted people to see images and comments your children post.

It is impossible to retrieve a photo that has been sent electronically. Explain to your children that they must never take or share a photo or video that they would not want you to see or one that would upset or humiliate another person.

If your child has a mobile phone they must only share the number with a small number of people. Their friends must be told that they can't pass on your child's number without permission.

If your child has received upsetting messages these must be kept as evidence if you want further action to be taken.

Don't respond to abusive language, insults or threats. "Defriend" or block the person responsible.

Tell your child that every adult who works in a school is responsible for her or his safety. They must tell a grown up if they are bullied or they learn that

