

E-Safety advice for parents



What to do if you are worried

Come and talk to the staff
in school to discuss your needs.

Look at the following links for more
information:

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

www.commonsensemedia.org

What is your child seeing?

Studies show that children are
most concerned by the accidental
viewing of inappropriate material
online.

Think how you monitor their use,
do they know what to do if they
see something they shouldn't?

What your child should do if they are worried

Report anything they see which is
concerning to an adult.

In school, this is their teacher
or headteacher.

At home that is any adult
carer.

You can also report to CEOP.



Monitor your child's online activity

It is not overbearing or untrusting to know what they
are up to. There are apps to keep records if you want
this. We recommend qustudio (www.qustudio.com/en/)

Have a conversation with them, let them know why you
want to know. Keep track of passwords so that if
needed you could see.

Social media

Look and think carefully before letting
your child have a profile.

Most social media sites including
snapchat/Whatsapp/Tiktok require
the user to be **13**, YouTube is **18**.

This is the platform where most issues
arise.

Screen time

Limit the amount of screen
time your child has before bed.

Stop using / looking
at a screen for
1-2 hours before
sleep.



Gaming



PEGI ratings are just like age
ratings for films, 18 really means
18.

www.commonsensemedia.org/

Go here for really useful reviews
and advice.