

CYBER SAFETY TIPS FOR PARENTS

The world is at their fingertips, so let's keep an eye on them
John Parsons C21



Nurture, Love and Guardianship

The three most important assets a child needs to use technology safely are self-control, empathy and a strong sense of self-worth and all of that can be found in a home that nurtures, loves and protects the child.

The most important relationship a child has is the one they have with family it is not the one they have with technology. *John Parsons C21*

- 1) Become your child's "friend" in any social network environment they create.
- 2) Maintain easy access to your child's profile via their log in.....you will see everything.
- 3) Ensure that you can always have access to your child's phone to help them stay safe (i.e. it is not a no-go area) and check the quality of how they are communicating with others. Talk about how they connect and communicate with friends. *Is it consistent with the values of your family?*
- 4) Educate your children about the importance of protecting family and friends imagesteach them to seek permission of another before they send or upload images to the internet.
- 5) Try to always maintain open lines of communication with children. Do not over-react if you see something that alarms you or makes you angry.... share your concerns, and always talk about the issues and how they relate to them and their friends safety.
- 6) Agree on a time in the evening to stop using the technology within the home...that's everyone. "Remember, what we model today will either come back and embrace us or bite us tomorrow" – John Parsons.
- 7) Talk/ask about their friends and social activity as a way to reduce the opportunity for cyber-separation to develop.....encourage being open about new friends and what they are up to, and who their parents or guardians are. When in doubt, call the parents and introduce yourself.

8) Teach your children to protect their online identity, as a way to future proof themselves for employment.....we need to nurture and protect them online and teach them how to protect themselves as they engage in information technology.

9) Paedophiles & online gaming platforms

Paedophiles gravitate to areas where children play, communicate and congregate. Pay attention to the online games your children play.

Questions to ask:

- > Are the games age appropriate?
- > Is the quality of the language used in the games suitable for a child?
- > How does the game make money out of a child's use?
- > What processes are available to adults, should they need to make a complaint about a user?

Parents/guardians need to familiarise themselves with the game the child wants to play before the child enters the game; alternatively sit alongside the child and experience the game with them.

Online gaming platforms provide paedophiles with the ability to observe minors interacting with other minors, all the time learning about the child. This gives the paedophile the opportunity to target select and then build a relationship with a child once the grooming starts.

10) Teach your children how to communicate with strangers safely....by leaving out personal information.

11) No images in the bedroom or bathroom

12) Pictures with family, friends, teachers.... this shows they are connected and demonstrates love and loyalty

13) Identify all of the support agencies that are available to them

14) Talk to them about the importance of movement.... challenge sedentary behaviour

- 15) Encourage them to talk to you about anything that worries them
- 16) Online Pornography: Based on age and level of maturity talk about the dangers
- 17) Teach them to cross roads offline and online.... don't helicopter as this makes them vulnerable
- 18) When they want to talk to you, put your device down.... respect is a two-way street

A digital life is a shared responsibility – John Parsons



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Important information

Call 111 in emergencies. If you can't decide whether it's a real emergency and you're still worried, call 111 and ask the Police. They will help you work out what to do.