Online parental toolkit

Manchester Local Care Organisation — Leading local care, improving lives in Manchester, with you

Healthy Schools MANCHESTER

Where can I go to get support to help keep my child safe online?

There is a lot of support available to keep your child safe online. This document outlines key online issues that are affecting children and young people today and signposts you to further guidance and support.

If you are looking for general advice relating to an online issue visit the following sites to signpost you to a service/guidance/resource in order to keep your children safe online.
https://parentinfo.org/.
https://www.nspcc.org.uk/keeping-children-safe/online-safety/
https://www.internetmatters.org/
https://www.thinkuknow.co.uk/

Online Issue	Support available
Screen time *Find out the impact of screen time on children, practical steps you can take to make it work for you and your child and resources available to support them.*	The Internet Matters online screen time hub to access video advice, screen time age guides, step by step advice on how to set up parental controls to control screen time. https://www.internetmatters.org/issues/screen-time/ Balancing screen time top tips: https://youtu.be/5Wr2Hj1dedQ Guide to managing screen time: https://pwxp5srs168nsac2n3fnjyaa-wpengine.netdna-ssl.com/wp-content/uploads/2018/07/Internet_matters_Screen_Time_Guide.pdf The E-safety office: Managing screen time and achieving a healthy online and offline balance. https://esafetyoffice.co.uk/wp-content/uploads/2019/09/esafety-office-parent-resources-screen-time.pdf
Parental controls and privacy Settings *Set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give your child a safer online experience.*	Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings these can help you protect your children from the things they shouldn't see or experience online. Parental controls safety checklist: https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe/ Parental controls smartphones: https://www.internetmatters.org/blog/parental-controls/smartphones-and-other-devices/ Setting up protection on gaming devices: https://www.internetmatters.org/blog/parental-controls/gaming-consoles/ Social media privacy settings: https://www.internetmatters.org/blog/parental-controls/social-media/ Click on the guides for step-by-step instructions to set controls on popular entertainment services & search engines: https://www.internetmatters.org/blog/parental-controls/entertainment-search-engines/ The E-safety office guide to setting up parental controls: https://esafetyoffice.co.uk/wp-content/uploads/2019/08/The-e-Safety-Office-Parental-Controls-for-Parents.pdf

Social media *It is important to have knowledge of the apps that your children use and their associated risks.*	Social media awareness support:https://www.internetmatters.org/resources/social-media-advice-hub/ Your guide to social media, gaming and apps: https://www.net-aware.org.uk/ Social media trends, guidance and risk awareness: https://nationalonlinesafety.com/
Remote learning *As children now take to learning online and will spend increased time upon their devices and using different home learning systems it is important to ensure that they are using these safely.*	Remote learning guidance and support:https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-parents Home learning safety support: https://www.internetmatters.org/resources/staysafestayhome-tech-advice-and-resources-to-support-families-at-home/
Safeguarding issues *As children continue to find new ways to connect with each other on a range of devices and platforms and social media starts to grow this comes with increasing risks to their safety and wellbeing.*	**Online abuse**: https://www.ceop.police.uk/safety-centre/ Grooming support and guidance: https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/ **Cyberbullying: https://www.internetmatters.org/issues/cyberbullying/** **Sexting: https://www.internetmatters.org/issues/sexting/** **https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/** **Pornography: https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-porn/ https://www.internetmatters.org/issues/online-pornography/** **Radicalisation: https://www.internetmatters.org/issues/radicalisation/** **https://www.gov.uk/report-terrorism**