



BIG Award Cyber Safety Campaign

A must read for parents, carers and school staff.

Tis the season to be jolly and it's also the season when lots of youngsters will be getting new devices from Santa Claus. But how can you help to ensure that they are surfing safely?

BIG has put together some guidelines for parents and carers about parental controls and how to help your child to navigate the internet safely.

The internet is an amazing world where we can all learn, socialise, shop and discover. But unfortunately there are people out there who use the internet to cause harm to others. If you know how to avoid it, you can keep yourself and your family safe and you can all enjoy using your new technology without putting yourselves in danger.

What are parental controls and how can I access them?

Parental controls can be accessed through apps, home wifi, or contact your service provider for further information. Once set up, you can have at least some peace of mind when your child is surfing the internet.

Parents can use this to: reduce screen time by setting up time limits, monitor your child's activity and prevent them from accessing harmful websites or chatrooms, prevent them from spending their (or your) money on gaming or other sites, protect them from cyberbullying and enable privacy settings to keep them safe from predators.

Is there anything else I should be doing to protect my child?

You should still ensure that you talk to your child about what they are accessing on the internet. Try to encourage them to use their devices with the rest of the family and restrict the time they want to spend alone. Have a family charging point so that phones etc. are not in their bedroom during sleep time so that they are not surfing through the night. Encourage your child to go outside and get fresh air and exercise during the day. Restrict time on devices and have rules ie no phones at mealtimes or during family time and outings. Make sure your child understands what to do if they do accidentally access harmful content or online bullying, that they know to speak to a trusted adult immediately and not to reply to strangers.

For further information see our website www.bullyinginterventiongroup.org

BIG would like to wish all of our members and very happy and safe festive season!

