

Keeping children safe, sane & secure in the connected world

As easy as ABC (& DE&F)

A guide to prompt holistic considerations for parents to protect, support and empower their children in the connected world. Protecting this generation and the future for society.

This guide hopes to steer thinking in the appropriate direction, in all instance professional organisations are the authorities when seeking support!



CYBER GUARDIAN
Your Online Safety Is Our Priority

Agreements



Get agreements in place, such as:

Number of hours per week online

No device usage until homework complete

No devices at the dinner table

Fortnightly review of new connections



These are some possible terms for agreements, discover what is acceptable and agreeable between parents and children, and vice versa, as well as what can be sustained.

Possible sources for contract/agreement template:
www.wizer-training.com
www.blog.kidsemail.org

Internet Safety Contract



-  I will NEVER give anyone information about myself while I am online. This includes my name, age, address, telephone number, school, family information, passwords, online surveys, or anything else my parent/guardian disallows.
-  I will NEVER send pictures or videos of myself or others through the internet, email or texting.
-  I will NEVER go online at a friend's house without my parent's/guardian's permission.

KIDS Technology Responsibility Agreement

Name _____

- ☐ I will not share my personal information or passwords without my parents permission
- ☐ I will not share my password with anyone including friends or even teachers
- ☐ I will immediately close any pop-ups that appear on my screen
- ☐ I will not download any app or play a new game without my parents permission
- ☐ I will not sign up to any site without my parents' permission
- ☐ I will not respond to any chat or friend request from a stranger
- ☐ I will not post photos or videos containing personal information like my school, home, etc
- ☐ I will tell my family if someone online is making me feel uncomfortable, unsafe, or asking for inappropriate things
- ☐ I will only click on links and files I know for sure are safe, and if I am not sure I will ask for help from my family
- ☐ I understand that not everything on the internet is factual, and I will verify information with my family
- ☐ I will consider my well-being and follow screen time limits
- ☐ I will talk to my family if I am feeling depressed or find it difficult to step away from my device
- ☐ I understand if I do not abide by these steps, then my parents will take steps to help me manage my online activity

Me, the kid! _____

Wizer
wizer-training.com

FOCUS
B-FAMILY
bsecure
online

B behaviour

You are the person who knows your child best, any change of behaviour can be an indicator of an issue or concern for them, no matter how trivial in your mind!

If there is an apparent change of behaviour in your child then patience, understanding & communication are key, **which may or may not be with you**, but getting them to talk about what is unsettling them is essential.

Also, remember, children are developing adults, a change in behaviour can be prompted by any number of factors

For additional guidance and support visit:
www.internetmatters.org
www.nspcc.org.uk



ommunication

Transparent, open and non-confrontational communication is key, if there is any concern of an issue then trust-based discussion is the way forward.



There are many agencies available to support you and your child if there is an issue and a discussion with a non-judgemental independent person may help...

www.childline.ie
www.parentline.ie
www.childline.org.uk
www.supportline.org.uk

Children's devices & devices in the home are the portal to the internet. Secure devices, configure them for security & regularly inspect them.

Device security



For more information many sites have guidance, plus guidance to set parental controls:

www.nspcc.org.uk

www.ofcom.org.uk

www.ncsc.gov.uk

www.webwise.ie

Some actions to secure devices for children:

Set auto updates, apply parental controls, **require your permission to install apps**, review browser history, **review the configuration of devices**, ensure security controls and firewall are on.

These would be the basics, as tech improves there will be other tools, occasionally review available guidance such as NSPCC or Webwise for tips.

E nvironment

The placement of devices and the environment in which they are used can be a significant factor in protecting and empowering children in the connected world!

Some guidance to apply: **use devices in communal rooms, no devices at the dinner table, have a 'charging station' for devices in a communal room, use analogue alarm clocks (not devices), no devices in bedrooms, device downtime before sleep, devices face down during conversations.**



And remember, as much as possible develop these guidelines with your child and get them in an agreement, but, more importantly:

No matter what your child is told they will learn by example, you must practice what you preach!

F riends

Friends are not made online,
connections are!



Children will perceive common interests as friendship which can then lead to relationships being exploited. There are some fundamental tips to protect children online.....



1. Do not go to meet 'online' friends for the first time alone
2. Friends do this, if they aren't doing this are they really a friend?
3. Don't 'friend' strangers, until you have met them they are still strangers

This is a guide and should not be considered an authority, professional organisations are the authority and should be contacted for support whenever necessary. **If in doubt, ask!**



A few additional things you can do, outside the A-F:

1. Set up Google Alert on your child's name
2. Get your child to search your name online
3. Make internet activity a common discussion, both ways, what you have discovered/seen online, what they discovered, etc

Remember, children learn by example primarily, practice what you preach, be a digital society role-model for them

To confirm your knowledge in this regard, or want a structured program to develop this knowledge, then visit the Parent's profile in POSSE, the app to empower you to protect yourself and others online.

www.app.cyberguardian.ie

Ten minutes, €10, 10 times more likely to avoid threats online & scams



Some messages to share with your children:

1. If you won't share it with me, don't share it online
2. What you post today could decide your tomorrow
3. If you say it online you own it.
4. What goes online stays online!
5. Be share aware
6. Think twice, click once
7. The truth on the internet is not necessarily true
8. The person online may not be the person in real life
9. What you ask for on the internet may not be what you get
10. What you ask for on the internet may not be all you get



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