Parent Information Sheet

- ✓ For children under 13 years –the focus should be on avoiding risk online

- ✓ For children over 13 years –the focus should be on managing risk online

- ✓ In line with the **Children's Online Privacy Protect Act (COPPA)** children must be 13 years of age or older to use Social Networking Sites (i.e. Facebook, Instagram etc.). If your child has an account on a SNS make sure their settings are private and watch their "friends/followers". Also check the age your child is online. For more information on the various Social Networking Sites check out the following:

    o A Parent's Guide to Facebook http://www.connectsafely.org/pdfs/fbparents.pdf

    o A Parent's Guide to Ask.fm http://www.connectsafely.org/wp-content/uploads/ParentsGuideTo_Askfm-.pdf

    o A Parent's Guide to Twitter http://www.swimming.org/assets/uploads/library/Parents_Guide_to_Twitter_1.pdf

    o A Parent's Guide to Instagram http://www.connectsafely.org/wp-content/uploads/instagram_guide.pdf

    o A Parent's Guide to Snapchat http://www.connectsafely.org/wp-content/uploads/snapchat_guide.pdf

- ✓ When searching online use safer search engines for younger children such as Safe Search Kids http://www.safesearchkids.com/ or Kid Rex http://www.kidrex.org/ Visit www.google.ie/familysafety/ for more information.

- ✓ YouTube is designed for children aged 13 years and over so parental involvement is central. YouTube hosts some very funny videos (Sminky shorts etc.), in addition to educational videos but unfortunately some childlike videos have also been edited (e.g. Dora the explorer). Use safety mode to filer search results (last option on the bottom of the page – make sure it is turned on). Check out YouTube's Policy and Safety Hub for more information http://www.youtube.com/yt/policyandsafety/ YouTube has also introduced an app specifically for children under 13 called YouTube Kids https://kids.youtube.com/

- ✓ For online gaming check the content of the games. The PEGI rating system offers some good advice for parents http://www.pegi.info/en/index/ Remember games are rated based on content, not skill level! Keep the console in the family room.

- ✓ Access parental controls for your child's gaming consol. For a step-by-step guide on parental controls for Xbox 360 see http://support.xbox.com/en-IE/billing-and-subscriptions/parental-controls/xbox-live-parental-control For a step-by-step guide on parental controls for PlayStation Network see https://support.us.playstation.com/articles/en_US/KC_Article/PS4-Parental-Controls/?

- ✓ Access parental controls for your child's mobile phone and keep mobile devices out of the bedroom especially at night. The main mobile operators in Ireland – Meteor, O2, Vodafone and 3 have published a booklet to explain the additional features of modern mobile phones. This booklet can be downloaded from here

  https://www.**vodafone**.ie/download?id=ICIA_PARENTS_GUIDE.PDF

- ✓ Give technology a place in our lives. Set limits regarding use. Establish rules (e.g. "no devices at the dinner table"). Speak to your internet service provider about setting time limits for certain devices or check out *Screentime* https://screentimelabs.com/ an app that can help parents manage how much time children spend on devices. There are many apps that can monitor what your child is doing on their mobile device such as *Mobile Minder* and *Selfie Cop*. Talk to your child about using these apps as part of the agreement with using their device. For more information on best parental control/monitoring apps 2016 see

  http://www.tomsguide.com/us/best-parental-control-apps,review-2258.html

- ✓ Cyber-bullying is a behaviour issue, not a technology problem. Appropriate behaviour online is the same as appropriate behaviour in real life. It is therefore imperative that we teach our children how to be respectful and responsible when online.

- ✓ From speaking with students all across Ireland, chatting online is mainly done using Facebook messenger, Instagram and their various linked accounts such as AskFM and Tumblr, MSN, Gmail, SKYPE and online gaming. Increasingly Apps such as WhatsApp, Snapchat and Viber are used to chat. Parents should discuss with children from a young age, what is okay to share online and what is not (e.g. personal details). Parents should be aware of how their child is chatting online (i.e. to friends or strangers aka randomers? through text or webcam?) Parents can familiarize themselves with online chat lingo if they are concerned about their child's online chatting. See www.transl8it.com/ or www.netlingo.com/ for more information.

- ✓ Parents should have the password for all app downloads (<16 years). This way your child has to come to you before installing an app on any device, which will afford you time to check out the suitability of that app.

- ✓ Stay up to speed with popular apps and sites. *Common sense media* https://www.commonsensemedia.org/ is a great website that can help in this regard.

- ✓ See www.mgmstraining.ie "News Blog" for articles, updates etc.

- ✓ Remember **Parental Involvement is key!!!!**