

Avanti Fields E safety Parent Checklist

By following this simple checklist, you can start to protect your children and decrease the risks they face online.

Guidance Questions	Actions	Y/N
Have I asked my child to show me sites they use?	Keep track of the webpages your child visits. This can be seen in the history settings. If you feel the history settings are cleared more than they should be then monitor closely. In your own time browse through the sites in detail.	
Have you asked your child to set their profile settings to private.	Social networking sites such as Facebook and Instagram, are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate the in the real world.	
Have you set appropriate parental controls on your child's computer, mobile and games console.	Always use filters on computers and mobiles. This reduces the risk of your child viewing inappropriate and possibly illegal content. The level of filters can be decided depending on your child age. You can also set time restrictions for using the internet or games. Call your service provider who will be happy to assist or visit CEOP's parent's site for further information. Explain to your child why you are setting parental controls when you talk to them about internet use.	
Encourage your child to tell you if they are worried about something online.	Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communications channel and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.	
Do you know where to get help if you are concerned about your child?	The CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child can report this directly to CEOP. You can also find help if you think your child is being bullied, or if you've come across something on the internet which you may think might be illegal.	
Visit the Safety Centre at www.ceop.police.uk/safety-centre		