

Online safety tips for parents of 11-13 Year Olds

Checklist

✔ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).

✔ Agree boundaries

Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.

✔ Have a conversation

The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

✔ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

✔ Get them clued up about social networking

Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big e-safety issues.

internet
matters.org

Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family on social media sites and in chatrooms
- Use privacy settings wherever they exist to keep their information private
- Don't arrange to meet people in real life that they've only talked to online
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Don't post things online that they wouldn't want you to see

Talk about it:

Tips for a meaningful conversation

- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- Make sure they know how to block abusive comments and report content that worries them
- If your child comes to you with an issue, stay calm and listen without judging them
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use



Deal with it

You can find out where to get help and advice on the Report it page of internetmatters.org, where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, your child's online reputation and online grooming.

Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online – find out more about the latest apps at internetmatters.org/apps

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matters.org**

Cyberbullying conversation starters: Talking to 11-13 year olds

Before you start the conversation



Think about when and where best to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind, and make the conversation relevant to them



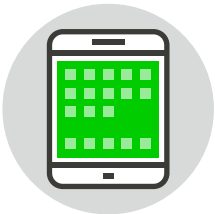
Be open and encouraging to make them feel supported



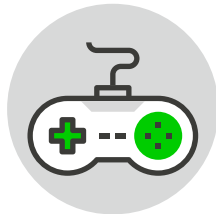
Have a few bite sized conversations to give them time to process

What you need to know

Typically 11-13 year olds will:



Have access to a smartphone or tablet



Use the internet to play games



Do homework online



Watch videos on YouTube or socialise with friends



There has been a rapid growth in the number of 11-13 year olds using social media - often with accounts on multiple social networks



Children as young as 11 post an average of 26 times a day, attract 100 followers to every one of their profiles



Over two thirds of 11-12 year olds have a Facebook profile despite a minimum age of 13



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

Want more help?

For more information visit: [internetmatters.org/issues/cyberbullying](https://www.internetmatters.org/issues/cyberbullying)

Helping parents keep
their children safe online.

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Tips to prevent cyberbullying



Set parental controls on devices your child can access



Talk to your child about what it means to have friends and followers online. Are they real friends? Can they trust them?



Be aware that your child might start exploring romantic relationships. Talk about what they can safely share and who to trust



Encourage your child to be kind to others and think about the impact of words and actions



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Tips to deal with cyberbullying



Don't jump to conclusions. Gently explore with your child what has gone on before the message or the post



Be aware the cyberbullying can be a continuation of, or a response to bullying already happening at school or elsewhere



Don't encourage your child to retaliate in any way that is angry, offensive or threatening



Be aware that all forms of bullying can make you feel very sad, afraid and alone. Reassure your child that together you will sort it out



Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



Help your child to report any offensive content to the social media provider



Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves



Seek help. You could talk to your child's school or if your child feels harassed or threatened, the police. There are also charities like Kidscape that can give advice

Online safety tips for parents of teenagers 14+ Year Olds

Checklist

Adjust controls

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

Keep talking

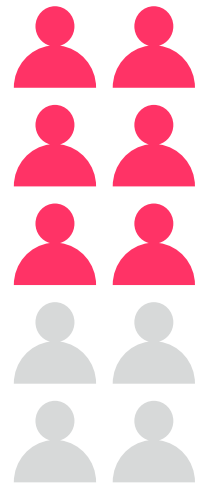
Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

Privacy matters

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



Manage their online reputation

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

Stay safe on the move

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

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- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



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Cyberbullying conversation starters: Talking to 14+ years olds

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Jot down what you want to say to focus your mind, and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

What you need to know

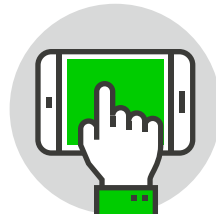
Ditch the Label research found that those who have experienced bullying themselves are also twice as likely to go on and bully others



Having an honest relationship with your child is the first step in being able to tackle cyberbullying



Talk to them about their digital lives, just as you would their offline lives



A large majority of young people that have experienced bullying will never tell anyone or report it because of fear that it will not be taken seriously



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce being a good digital citizen

Key warning signs



Aggressive behaviour



Self-isolation



Lack of appetite



Hesitancy to go to school



Over consumption of the internet and online games



Sudden behavioural changes



Visible signs of self-harm

Tips to prevent cyberbullying



Bring digital experiences up into normal, everyday conversations



Remember, there is often little distinction between what your children do online and offline



Remind your child that they should always treat others as they want to be treated



Talk to them about any prominent cases of cyberbullying in the media or about new trending apps or platforms



Discuss the potential consequences of what they say and do online, along with the 'stickiness' of the web. Once it's out there, it's very difficult to remove content



Talk about how they would deal with seeing someone else being bullied and what steps to take

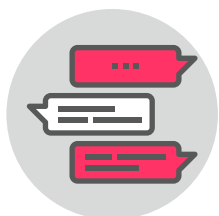


Help them to understand that their behaviour in online environments should reflect their offline behaviour

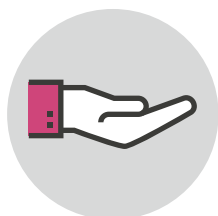


Check to see if they're aware of how to report or block people on the apps they use and encourage high privacy settings and not to connect with anybody they don't know

Tips to deal with cyberbullying



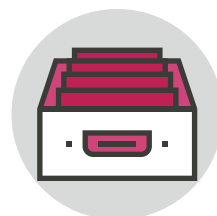
Listen to what they have to say and make sure they know you are taking it seriously



Help them feel empowered and supported to deal with the situation



Ask them how you can help them, or what steps they want to take next



Collect evidence and together assess how serious the cyberbullying is



Report and block the perpetrator to the site's administrators/moderators



Help them feel empowered and supported to deal with the situation

Want more help?

For more information visit:
internetmatters.org/issues/cyberbullying

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Social media top tips



Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.

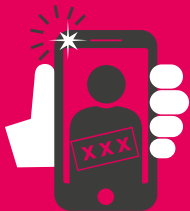
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You

Tube





1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.



2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.



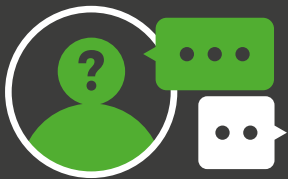
3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.



4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.



5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.



6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.



800 followers



36 real friends

7. Do they have hundreds of followers?

Explain that some people may not be who they say they are and tell your child how privacy settings can put them in control of who they talk to.



8. Have they shared embarrassing images?

Remind your child that these images are their personal digital footprint for years to come and advise them to use settings that only let them share with friends they know. If they're not comfortable wearing it on their T-shirt, they shouldn't put it online.



9. Are they at risk of being cyberbullied?

Stay calm, listen without judging and reassure your child that you can help. Discuss any action you may take together. Encourage them not to retaliate and to save any evidence.



10. Do they know what they share online can hurt others?

Talk together about peer pressure and how screens and anonymity can lead to behaviour that is hurtful. Remind them there's a fine line between sharing content because it's funny or might get lots of 'likes' versus the potential to cause offence or hurt.



11. Have they been affected by content shared online?

Encourage them to think about why friends may share certain posts. Show them how to gently challenge their friends if they find their content offensive. Remind them they can always talk to you about things happening online.



12. Are they ready to share on social?

Most social media apps have a minimum age rating of 13. If a social network has set an age limit it means that some of the content may not be suitable for a younger child.

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Helping parents keep their children safe online

We're passionate about keeping children safe online and are here to help you make the right decisions for you and your family. Our website has expert advice, practical tips & tools and the latest news to help make your children's online life fulfilling, fun and above all safe.

To find out more go to
internetmatters.org/social-media

