

# E-safety tips for Parents of 11-13 Year Olds

57%

of 12-15 year-olds  
visit social  
networking sites on  
their mobile phone.

## 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](http://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.

### ✓ 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.

Ofcom Children and Parents: Media Use and Attitudes Report  
(October 2013)

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 Take Action page of [internetmatters.org](http://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](http://internetmatters.org/apps)

**internet  
matters.org**