



As the Summer Term heads to the holidays, and September approaches, many parents will be facing the question **“Should my child have a phone?”**

Often young people only see the benefits of their new device...



But as parents, we worry about the harms they may be exposed to...



For more information



www.internetmatters.org

Top tips for keeping children safe online

- Consider choosing a ‘dumb phone’ or basic phones with limited features.
- Turn on broadband filters to provide basic protection from inappropriate websites.
- On a smartphone, use controls to limit chat functions, manage privacy settings & control what content children can access.
- Always set screen time limits to help manage and control device usage of your child inside and outside the house.
- Shut down mobile phones at least an hour before bedtime and charge devices outside of their bedrooms to promote better sleep.
- Develop digital rules for your family, stick to them and review them regularly as children grow to ensure they remain effective.
- Set a password in app stores to restrict what children can download on their devices.
- Discuss how suitable social media platforms are for your child & the potential risks vs benefits before creating accounts.