

Practical Tips

Use OpenDNS as your “DNS Server” instead of the one provide by your Internet Service Provider. OpenDNS allows you to control what web material can be accessed on any device on your home network. You can set up parental settings differently to child settings meaning that parents can access websites that children cannot. For more information on using this free service go to <https://www.opendns.com/home-internet-security/>

Use software to create random, complex passwords and store them securely. Even you will not know your own passwords so you cannot pass them on to children inadvertently. The most highly-regarded system is Dashlane available from <https://www.dashlane.com>

Get child safety software to help you control a variety of access features and to allow you to see what your children are accessing or searching for online. The most popular systems are NetNanny, Norton Family and Kaspersky Safe Kids. See <https://www.netnanny.com> or <https://family.norton.com/web> or <https://www.kaspersky.co.uk/safe-kids> These programs cost from £15 to £50 per year.

Encourage the whole family to be more aware of their online activity

Get Rescue Time installed on computers to provide self-awareness reporting of how long you have spent on particular activities. See <https://www.rescuetime.com> a “Lite” version is available free. For iPhone users, you can also use Moment, see <https://inthemoment.io/> and for Android users, there is Mental Balance, from <http://menthal.org/>

Check out the guidance at the UK Council for Child Internet Safety. This is a government initiative following the review of online child safety by Professor Tanya Byron. There are several useful booklets available to download. See <https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis>

Keep up to date by reading news at the UK Safer Internet Centre. This is a joint initiative between some respected organisations including Internet Watch <http://www.saferinternet.org.uk/>

Check out the advice on the NSPCC website which you can find at <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/online-abuse/>

Look at Internet Matters. This is run by Internet Service Providers and has practical online safety tips for specific age groups. See <https://www.internetmatters.org/>

Read the advice on Childnet. This charity works with schools and other partners to improve Internet safety. See <http://www.childnet.com/parents-and-carers>

When out and about, look out for the Friendly WiFi logo which shows that the network you are using is filtered for child use.

Make Internet usage a normal family activity.

Share things together in the same room, do things together online.

Create boundaries by setting examples, rather than by establishing rules.