

Family Online Safety Check List

As a parent you'll know how important the internet is to children and young people. They use it to learn, play, socialise and express themselves in all types of creative ways, whether that's sharing photos and videos, blogging, gaming or even developing their own apps. It is a place of amazing opportunities.

Despite this, the technologies children use can seem daunting. You might worry about the risks such as bullying, contact from strangers and inappropriate or illegal content. To help them stay safe, it's important that you understand what your children are up to online.

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

I have asked my child to show me the sites they use – By doing so, your child is including you in their online life. After taking note of the names of their favourite sites, re-visit these when alone, explore them, find out how to set the safety features and learn how to report directly to the site.

I have asked my child to set their profile settings to private – Information on social networking sites (e.g. Facebook) allows strangers to locate children in the real world. Therefore, encourage your child to set their privacy settings to **private**, so only their friends from the real world can join in.

I have asked my child about their online friends – People can lie online about who they are and may create fake identities. It is very important children understand this. Young people must never give out personal information and only be "friends" with people they know and trust in the real world.

I have set appropriate parental controls on my child's computer, mobile and games console – ...because your child could view inappropriate and possibly illegal content. Set filters accordingly to child's age and restrict available internet time. For help call the service provider or visit CEOP's parent's site.

My child has agreed to tell me if they are worried about something online – By opening up the communication channels 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.

I know where to get help if I'm concerned about my child – Contact the National Hotline for emergencies on **112** or the Child Helpline Telefonul Copilului on 116 111. For the Safer Internet Program in Romania visit www.sigur.info and call the hotline for reporting illegal content online via www.safernet.ro.