ASD Family Help

Registered Charity No. 1135718

5 Top Tips

Internet Safety & Devices

Our young people do enjoy IT and playing on their gadgets and there are many positives around this topic. They like to use the internet to play games, watch Youtube and socialise with friends. It is therefore important that you know how to behave safely and appropriately online when using a mobile phone or other devices. Our top tips below help to keep them safe online and some guidance on using their devices.

1. **Install parental guidance locks on popular sights -** websites are designed for a range of age groups and can contain disturbing content. They should have the capacity for blocking certain content using a pin. Normally this capacity can be found by entering the help/guidance/support/safety centre pages from the home page. A useful website to help you with this is: **The UK Safer Internet Centre** – http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology

2. **Establish ground rules** with your child about how they can use the Internet, when and for how long. Talk to your child about what it is and isn't ok to tell people about themselves online and what information they should and shouldn't share. Such as phone numbers, address, naked images (sextexting) etc. Again write these down and put them up on the wall, maybe you could create a poster together.

3. **Encourage your child to use an online nickname** and avatar and to tell you if anyone requests their real name, photos or information about where they live, their school or are being unkind. Cyberbullying sadly happens a lot online, keep evidence and report. You can report to the school, the service provider or the police. Some useful online websites for more information are: http://www.anti-bullyingalliance.org.uk and http://www.autism.org.uk/bullying and http://familylives.org.uk

4. **Please try and keep devices out of bedrooms at night time,** this will help with their sleep patterns and be more alert the next day.

5. It is important to **check your young people's devices** on a regular basis, please make this a rule when allowing them to have these gadgets. If your children are part of Whatsapp groups / Snapchat / Tictok / Facebook or any others just check all is ok and encourage them to leave or delete the group if they become overwhelmed or distressed by them.

If you are unsure about the internet or want to learn more The Government have recommended the below websites:

- Thinkyouknow (advice from the National Crime Agency to stay safe online)
- Internet matters (support for parents and carers to keep their children safe online)
- Parent info (support for parents and carers to keep their children safe online)
- LGfL (support for parents and carers to keep their children safe online)
- Net-aware (support for parents and careers from the NSPCC)