



Simple rules for home

It can be a minefield trying to manage our children online so here we have provided some straightforward things which you can put in place to help you keep them a little safer at home.

- **No tech in bedrooms (or tech with door open)**

Keeping technology from behind closed doors reduces the likelihood they will search for inappropriate content.

- **Watch and learn about apps together**

Learn about the apps and games they are interested in to better understand how it can be used positively but also to understand the risks and how they manage them.

- **Periodically check what they are watching**

YouTube and Netflix will show you what has been recently watched. Social media can be a little more difficult to check but encourage them to show you themselves.

- **Discuss together and agree boundaries**

Keep talking about the good and the bad of being online, and explain why rules are necessary sometimes so they understand it's about their safety not spoiling their fun.

Parental controls can be used to restrict access to inappropriate content and can help you manage their safety online at home.

Guides are available from Internet Matters to set up controls to filter content, limit screentime, restrict access to apps and manage who they can contact.

**internet
matters.org**