

# St Peter's

# Online Safety guide

# For Parents



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## Age restrictions for social Media Apps

Please ensure you are monitoring your children online. We are seeing more incidents of cyber-bullying and negative online relationships out of school which is causing anxiety in children and friendship issues both in and out of school. Please remember any of the following apps are not to be used by primary aged children:

13+



Twitter



Facebook and Messenger



Viber



WeChat



Monkey



Yubo



Dubsmash



Instagram



TikTok



Skype



Google Hangouts



Reddit



Snapchat



Pinterest

16+



WhatsApp



Telegram Messenger



Tumblr

17+



Line



Sarahah



Tellonym

# Android Phones



## Set up parental controls and set age ratings

### Step 1

Open the **Play Store** app, tap the **3-lines** button in the top left > **Settings** > **Family** > **Parental controls**.

### Step 2

Toggle **Parental controls** to **on**.

### Step 3

**Create a PIN**. Make sure to choose a PIN your child doesn't already know.

#### Step 4

You can then choose the highest age rating you want to allow for apps and games, films, TV, books and music.

**Go into each option** and **choose the age rating** you want.

## Manage screen time

You'll need to set up **Family Link** to do this. Family Link is an app that lets parents set **digital ground rules** for their children.

Click [here](#) to find out how set up Family Link.



Don't forget to **use the back button** on your **browser** if you leave the elearning.

### Step 1

Once you have set up the Family Link app, **select your child**.

### Step 2

To **set a daily limit on a device**, on the **Daily limit card**, tap **Set up** or **Edit limits**, then **follow the instructions** on the screen.

### Step 3

To **set time limits for specific apps** (only for devices running Android Nougat or newer), on the **App activity card**, tap **Set limits** > **next to the app you want to limit**, tap the **sand timer icon** > **Set limit** (an icon with the top half of the sand timer filled) > **set a daily time limit for the app** > tap **Set**.

### Step 4

To **set a bedtime**, on the **Bedtime card**, tap **Edit schedule**, then follow the instructions on the screen to set a bedtime.

# iPad and iPhone



## Set a screen time passcode

### Step 1

Go to **Settings** and tap **Screen time**.

### Step 2

Tap continue, then choose whether it's **your device** or your child's.

### Step 3

If it's **your device** and you want to stop your child changing your settings, tap **Use Screen Time Passcode** to create a passcode. **Re-enter the passcode** to confirm.

#### Step 4

If it's **your child's device**, follow the prompts on the device until you get to **Parent Passcode** and enter a passcode, then **re-enter it** to confirm.

## Block explicit content and set controls on apps

#### Step 1

Go to **Settings > Screen Time > Content & Privacy Restrictions > Content Restrictions**.

#### Step 2

**Choose the settings you want** for each feature or setting under **Allowed Store Content**.

## Filter website content

This **sets restrictions on what websites children can access** (e.g. you can limit access to adult content).

### Step 1

Go to **Settings > Screen Time > Content & Privacy Restrictions**. Add your **screen time passcode** if necessary.

### Step 2

Tap **Content Restrictions**, then **Web Content**.

### Step 3

Choose **Unrestricted Access** (access to any website), **Limit Adult Websites** (to block access to adult content in Safari) or **Allowed Websites Only** (to set specific websites as 'approved websites' and limit access to only these websites).

# Nintendo Switch



## Using the Nintendo Switch Parental Controls smart device app

The Nintendo Switch Parental Controls smart device app is a free app which you can link with Nintendo Switch to easily monitor what and how your children are playing.

If you don't have a smartphone you can also set certain restrictions on Nintendo Switch directly. But, it's best to use the app if possible as it gives you more choice in the controls you can set on your child's device.

**i** Scroll down to see how to **set different parental controls**. All important settings are highlighted in **pink**.

## Link your Nintendo Switch console to the Nintendo Switch Parental Controls application on your smart device

You will need to do this to **set any parental restrictions** on the Nintendo Switch.

- 1** Download the **Nintendo Switch Parental Controls app** on your iOS or Android device.
- 2** Get the **Registration Code** from the Nintendo Switch Parental Controls app on your smart device.

**i** Follow the instructions below to get the **Registration Code**.  
Don't forget to **use the back button** on your **browser** if you leave the elearning.

### Step 1

On your smart device, **launch** the **Nintendo Switch Parental Controls app** and **select Next** on the title screen.

### Step 2

**Tap Sign In / Create Account.**

### Step 3

The app will launch <http://accounts.nintendo.com> in the device internet browser.

### Step 4

[Sign in](#) to your existing Nintendo Account or [create a new one](#).

### Step 5

Your Nintendo Account nickname will appear on the screen. **Select Use this account to confirm.**

### Step 6

You'll be returned to the Nintendo Switch Parental Controls application. **Select Next.**

### Step 7

A **Registration Code will appear** on the screen of your smart device.

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Use the Registration Code to **link your Nintendo Switch system to your smart device**

### Step 1

On the Nintendo Switch console, **select System Settings** from the **HOME Menu**.

### Step 2

**Scroll down** to **highlight Parental Controls**, then **select Parental Controls Settings**.

### Step 3

**Select Set With Smart Device.**

#### Step 4

Select **Yes** to verify that you have the Nintendo Switch Parental Controls app.

#### Step 5

Enter the **six-digit Registration Code** from your smart device. Select **OK**.

#### Step 6

Select **Link** to link the Nintendo Switch to your smart device.

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Once the link is complete, you can use the Nintendo Switch Parental Controls app to [set parental controls restrictions](#). Remember, your Nintendo Switch needs to be connected to the internet to sync to the app

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After the link is complete, **launch the Nintendo Switch Parental Controls application** on your smart device

**Select Console Settings** in the upper-right corner

- If this is your first time launching the application after linking a console, you will be walked through how to adjust the different settings
- If you have more than one Nintendo Switch console linked to the app, **tap the (+) icon** in the upper-right corner to **choose the correct console**


Now you can select each setting you want to adjust. You can find more information [here](#).

## Set a Play-Time limit

After completing steps 1 - 5 above, you can choose to:

- Set a Play-Time limit
- Set a Bedtime Alarm
- Suspend software

If you have a Play-Time Limit and a Bedtime Alarm enabled, the console will use whichever time limit comes first.

 Choose the **setting** you want to adjust. To see more on what each setting does, **click to expand** the boxes below.

Play-Time limit	+
Bedtime Alarm	+
Suspend Software	+

Once you've got the settings the way you want them, **tap the orange check mark** on the screen to confirm.

The restriction(s) will be activated as soon as the Nintendo Switch console connects online.

## Set a restriction level

This will restrict the features your child can access on the console.

Within console settings, there are 2 ways of doing this:

- Using the **preset restrictions** determined by age
- Selecting the **Custom Settings** to manually apply restrictions yourself

Let's look at both of these now.

- Using the **preset restrictions** determined by age

Teen	+
Child	+
Young child	+

- Selecting the **Custom Settings** to manually apply restrictions yourself

Restricted software	+
Posting to social media	+
Communicating with others	+
Virtual Reality (VR) Mode (3D Visuals)	+
Whitelist	+

Once you've got the settings the way you want them, **tap the orange check mark** on the screen to **confirm**.

The restriction(s) will be activated as soon as the Nintendo Switch console connects online.

## The Internet

### Conversation starter ideas

- 1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- 2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- 3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and [how to report](#) or block on the services they use.
- 4 Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- 5 Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

# Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

## Things to consider

### ▶ Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- What devices, tech, toys or games do we have with internet access?
- Do we already have any rules about use of tech we want to include in our family agreement?

### 🕒 Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

### ✈ Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

### 🔍 Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

### 💬 Communicating online

- Who can we talk/chat/play games with online? Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

### ⚠ If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

### ✅ To finish...

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward. We've given some examples for different ages below...

#### We agree to... (Under 11s)

I will use my tablet for \_\_\_\_ mins a day.

I will make sure the children's favourite games are bookmarked for them to get to easily.

Who is responsible for this?

Hannah and Izzy

Nan

#### We agree to... (Pre-teens)

I will tell mum and dad when I see something that worries me.

I will put parental controls in place but review it as the children grow up.

Who is responsible for this?

Tom, Ella and Yasmin

Mum

#### We agree to... (Teenagers)

I will make sure all my social networking sites are private.

I won't post photos of our children without their permission.

Who is responsible for this?

Amar and Yusuf

Dad

# Family agreement

Use this template to put your agreement down in writing. Why not display it somewhere at home like on the fridge or a noticeboard?

Who is this agreement for?

## Top tips

- 1 Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
- 2 Consider your tone. Are you focusing on negative behaviour or promoting positive behaviour?
- 3 Make sure your agreement works for your whole family and everyone is happy with it.
- 4 Review your agreement in the future to make sure it reflects the current needs and ages of your family.

## We agree to...

E.g. Be kind and respectful online.

## Who is responsible for this?

E.g. We will all make sure we only post kind comments.

What happens if someone doesn't follow the agreement?

How long will our agreement last for and when will we review it?

## Signatures



**Childnet**  
International

For further advice and resources, visit [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)  
Facebook: @childnetinternational Twitter: @childnet



Co-financed by the European Union  
Connecting Europe Facility



# Supporting young people online


Information and advice for parents and carers




## The internet – an inspiring and positive place

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your child has better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online. Issues that your child may encounter on the internet will vary depending on their age and online activities. We have grouped potential online risks into these 4 categories.

### Conduct:

 Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Encourage your child to be respectful and responsible when communicating with others online, and to consider how what they share may reflect on them. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.


### Content:

 Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

### Contact:

 It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). If your child is bullied online, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

### Commercialism:

 Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within apps. Encourage your child to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms. Make your child aware of scams that may seek to gain access to their accounts, and advise them to be wary in following links or opening attachments in emails that appear to be from organisations such as banks and service providers.

## What can I do right now?

- Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.
- Create a family agreement to establish your children's boundaries, and your expectations, when on the internet. A template agreement can be found at [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)
- Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.
- Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.
- Encourage your child to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.
- Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others. Be able to recommend legal services.
- Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.
- If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- Set up a family email address that your children can use when signing up to new games and websites online.
- Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.

Sign up to our Childnet newsletter at [www.childnet.com](http://www.childnet.com).

Help make sure that your children know how to stay safe online, by using our SMART Rules for primary aged children, or 6 Tips for Teens.

### SMART Rules for primary aged children:

**S Safe:** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too.

**M Meet:** Do not meet up with someone you only know online, even a friend of a friend, as they are still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/ videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A Accepting:** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) and do not accept something if you are unsure who the person is or what they've sent you.

**R Reliable:** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. Always compare 3 websites, check in books and talk to someone about what you find online.

**T Tell:** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. You could talk to a teacher, parent, carer or a helpline like **Childline 0800 11 11**.

**Heart:** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

### 6 Tips for Teens:

**1 Protect your online reputation:** use the tools provided by online services to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.

**2 Know where to find help:** understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.

**3 Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.

**4 Respect the law:** use reliable services and know how to legally access the music, film and TV you want.

**5 Acknowledge your sources:** use trustworthy content and remember to give credit when using other people's work/ ideas.

**6 Be a critical thinker:** not everything or everyone is trustworthy; think carefully about what you see and experience on sites, social media and apps.



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## Gaming online



Information and risks

[Online gaming | Childline](#)

[Online Gaming - The Risks Parents Need to Know | Internet Matters](#)