

## **How to check what your child is watching – online safety advice**

### **Online Safety - Have a Conversation**

A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.

### **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?

### **How to check what your child is watching**

- Check the browser history on their phone/computer/tablet. Pressing Ctrl+H while the browser is open will bring up the history.
- **Windows PC:** If you create an account for a child you will get the option to enable Family Safety settings. This allows you to block certain sites and get weekly reports of activity.
- **Apple Mac:** You can share screens even if your child is on a different Mac computer/tablet. If you log on as an administrator on your child's Mac you can select sharing preferences and choose Screen Sharing, before clicking on Allow Access For and adding yourself as an admin. On your own Mac, click on network to see your child's activity.

### **Other sources of support and advice for parents and carers can be found at:**

<https://www.internetmatters.org/advice/>

<https://www.childnet.com/parents-and-carers>

<https://www.thinkuknow.co.uk/parents/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>