

# Things to consider...

## Keeping safe

- How safe is our personal information?
  - Do we have strong passwords? Eg capital letters, symbols, 10 characters etc
  - Do we all have usernames that don't reveal our full names?
- Have we considered which parental controls would be right for our family?
- Have we discussed online friendships and whether we can trust them?
- Do we need a family email address to use when signing up to new accounts?
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a mobile phone or gaming device?
- When is it okay to download files, games or apps?
- Have we checked the reviews and ratings for apps and games?
- Which websites are okay for us to use?
- Should we open links from people we don't know?
- Do we ever use voice activated controls or searches?

## Social networking

- Do we know the age requirements to be on social networks?
- Who can I post images and videos of online? When should I check before I post?
- Do I know why it is important to be private and how to set this up?

## Gaming and toys

- Which age rated games can I play?
- Am I aware of why PEGI is important?
- Can I play online with people I don't know?
- Do we know which of our toys and devices connect to the internet?

## Positive online behaviour

- How can I be a good friend on the internet?
- What will I do if I receive a message which worries or upsets me?
- Do I know where the report and block buttons are online?

## Healthy lifestyle

- How long can we spend online? And what mix of activities can we enjoy?
- Do we spend the same amount of time enjoying our offline activities?
- Where can we use our devices around the house?

# Examples

Suggested ideas for an agreement with younger children.

## We agree to...

*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?

*Isabel and Phoebe*

*Mum/Dad*

Suggested ideas for an agreement with pre-teen children.

## We agree to...

*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?

*Leo, Tom and Ella*

*Mum/Dad*

Suggested ideas for an agreement with teenage children.

## We agree to...

*I will make sure all my social networking sites are private and that I only accept requests from people I know*

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

Who is responsible for this?

*Amar and Yusuf*

*Mum/Dad*