



St. Alban's Catholic Primary School Online Safety Workshop

Tips for Parents



- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor mobile phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for social networking, instant messaging, e-mailing, online gaming, and using webcams.
- Check the browser search history on a regular basis.
- Be a part of their online life; involve the whole family and show an interest. Find out what sites they visit and what they love about them.
- No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour.
- Useful information on how to set up parental restrictions on Google Chrome can be found the following website
<https://www.lifewire.com/configure-parental-controls-in-google-chrome-4136777>
- Consider having regular 'Family Digital Detox Days'.
- Create a 'Family Online Agreement'.