



What are your children doing online?

Parentzone

Parentzone is a new free, online programme for parents and carers. It is funded by the Prevent Innovation Fund, Resilient Families is comprised of three short guided presentations with voiceovers, hosted on our website. The programme covers:

- Your children's online world - what children do online and where they go.
- The dangers and where they lurk - how extremist groups use the internet to influence children and young people, the messages they give and what they miss out.
- How confident digital parenting can help protect young people from this misinformation, and how to become the voice your children turn to.

<http://parentzone.org.uk/resilient-families>

Talking with your family

Make these conversations and activities part of your routine family life:

- Ask your child where their favourite places are online and who they talk to.
- Ask them if they have ever seen any content that upsets them or promotes extreme views - of any kind. Open the discussion and find out what they think.
- Talk to them about how you want them to behave online. Make sure they understand that the way they behave online should be the same as the way you want them to behave offline.
- Discuss with your partner and your children what the family tech rules are going to be in your house. And keep talking about them.
- Make sure you have set up the technology in your house the way you want to. Explore settings and parental controls and update them as your children grow. Do it as a family.
- Set some boundaries. Remember tired children don't make good decisions

This has been put together by <http://parentzone.org.uk/resilient-families-episode-3>

Useful and informative sites

- Setting safety and privacy settings for social media apps
<http://parentinfo.org/article/setting-safety-and-privacy-settings-for-social-media-apps>
- PEGI games ages ratings explained in full <http://parentinfo.org/article/pegi-games-ratings-explained>
- Where to go for help with problems your child is having online
<http://parentinfo.org/article/where-to-go-for-help-with-problems-your-child-is-having-online>
- How much time do children really spend online?
<http://parentinfo.org/article/how-much-time-do-children-spend-online>
- Should parents worry about what their children are doing online?
<http://parentinfo.org/article/should-parents-worry-about-what-their-kids-are-doing-online>
- How does your child's internet use compare?
<http://parentinfo.org/article/how-does-your-child-s-internet-use-compare>
- Under 13s and social media
<http://parentinfo.org/article/under-13s-and-social-media>
- How old does your child have to be to...?
<http://parentinfo.org/article/how-old-does-your-child-have-to-be-to>
- Social media - are young people addicted?
<http://parentinfo.org/article/social-media-are-young-people-addicted>

Help on gaming sites

- Kik <http://parentinfo.org/article/a-parents-guide-to-kik-messenger>
- WhatsApp
<http://parentinfo.org/article/whatsapp-a-guide-for-parents-and-carers>
- ooVoo <http://parentinfo.org/article/oovoo-everything-you-need-to-know>
- ask.fm <http://parentinfo.org/article/askfm-what-you-need-to-know>
- Snapchat - FAQs <http://parentinfo.org/article/snapchat-faqs>
- Making Snapchat work for you
<http://parentinfo.org/article/making-snapchat-work-for-you>
- Snapchat: what to do if you're worried
<http://parentinfo.org/article/snapchat-what-to-do-if-you-re-worried>
- Instagram - FAQs <http://parentinfo.org/article/instagram-faqs>
- Instagram: what are the issues?
<http://parentinfo.org/article/instagram-what-are-the-issues>
- FIFA16 <http://parentzone.org.uk/article/fifa-review>
- Skype <http://parentzone.org.uk/article/skype>
- YouTube Kids <http://parentzone.org.uk/article/review-youtube-kids>