

ONLINE SAFETY - LIKE RIDING A BIKE



Are you considering getting your child a mobile phone?

There are benefits to being online but equally there are risks that children may experience.

Just like preparing your child to ride a bike for the first time, there are things we can do as parents to make our childrens online experience as safe as possible.

Pick the device

- 1 Basic phones can message and make calls but children will not be able to access apps

Helmet – Parental Controls

- 2 Before giving your child any device make sure you access parental controls and discuss apps you are happy for them to access

Brakes – Stop and Think

- 3 Teach children to stop and think before they reshare information or reply to comments.

Protection – Block and report

- 4 Teach your children how to block and report on the games and apps they are using.

Stabilizers – Tech free areas

- 5 Keep technology out of bedrooms and charge devices downstairs

Talk to your children about the risks they may face online and where they can go for help. Explore games and apps together. Talk often and openly. For more information on parental controls and online risks visit www.internetmatters.org

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