E Safety Checklist For Parents

By following this simple checklist, you can start to protect your children and decrease the risks they face online.

Checklist	Why?	Y/N
I have asked my child to show me sites they use.	By doing so, your child is including you in their online life and social activity. Show an interest and take note of the names of their favourite sites. You can then re-visit these when you are alone. Take your time and explore the space, find out how to set the safety features and learn how to report any issues directly to the site.	
I have asked my child to set their profile settings to private.	Social networking sites such as Facebook, are used by children to share information, photos and just about everything they do! Encourage your child to set their privacy settings to private. They need to think about the information they post online as it could be copied and pasted anywhere without their permission. If it got into the wrong hands, somebody may wish to use it against them or worst of all try to locate the in the real world.	
I have set appropriate parental controls on my child's computer, mobile and games console.	Filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child's age and abilities. You can also set time restrictions for using the internet or games. They can be free and easy to install. Call your service provider who will be happy to assist or visit CEOP's parent's site for further information. Explain to your child why you are setting parental controls when you talk to them about internet use.	
My child has agreed to tell me if they are worried about something online.	Sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. By opening up the communications channel and talking to your child about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.	
I know where to get help if I'm concerned about my child.	The CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child can report this directly to CEOP. You can also find help if you think your child is being bullied, or if you've come across something on the internet which you may think might be illegal.	
Visit the Safety Centre at www.ceop.police.uk/safety-centre		