



If your child is aged 6 to 9 years

1. Buy or download parental control software, switch it on and keep it updated.

2. Set the parental controls to the appropriate age, and enabling access to only appropriate content

*******The big four Internet Service Providers (ISPs) give their customers free parental controls which can be activated at any time*******

3. Agree a list of websites your child is allowed to visit and the kind of personal information they shouldn't reveal about themselves online, such as the name of their school or their home address.

4. Set time limits for activities such as using the internet and games consoles.

5. Make sure your child is accessing only age-appropriate content by checking out the age ratings

6. Discuss with your older children what they should or shouldn't be showing their younger siblings on the internet, mobile devices, games consoles and other devices.

7. Discuss with other parents subjects such as what age to buy children devices that connect to the internet.

8. Don't be pressured by your child into letting them use certain technologies or view certain online content, if you don't think they are old enough or mature enough... no matter how much they pester you or what their friends' parents allow

