



**As the Summer Term heads to the holidays, and September approaches, many parents will be facing the question “Should my child have a phone?”**

Often young people only see the benefits of their new device...



### Top tips for keeping children safe online

- Consider choosing a ‘dumb phone’ or basic phones with limited features.
- Turn on broadband filters to provide basic protection from inappropriate websites.
- On a smartphone, use controls to limit chat functions, manage privacy settings & control what content children can access.
- Always set screen time limits to help manage and control device usage of your child inside and outside the house.
- Shut down mobile phones at least an hour before bedtime and charge devices outside of their bedrooms to promote better sleep.
- Develop digital rules for your family, stick to them and review them regularly as children grow to ensure they remain effective.
- Set a password in app stores to restrict what children can download on their devices.
- Discuss how suitable social media platforms are for your child & the potential risks vs benefits before creating accounts.

But as parents, we worry about the harms they may be exposed to...



For more information

**internet  
matters.org**

[www.internetmatters.org](http://www.internetmatters.org)