



# Advice for parents, carers and students on safer internet use

Use the Children's Commissioner's Digital '5-a-day' to plan for the use of technology and screen time



**Connect:** Message, have fun and play with friends and family both online and offline.

**Be active:** Take some time off and get active - movement helps boost emotional wellbeing.

**Get creative:** Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions.

**Give to others:** Be positive online, report bad content and help others to balance their own 5-a-day.

**Be mindful:** If time online is causing stress or tiredness then take some time off and ask for help when you need it.

## CHECK THE SAFETY SETTINGS ARE TURNED ON



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public?

[Internet Matters](#) has hundreds of guides to parental controls.



## Don't try to hide news about Covid-19 (coronavirus)

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch [Newsround](#) together and talk about how they feel - there is guidance from [Childline](#) to help you.

## Share your screens



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for [Common Sense Media](#) or [NSPCC's NetAware](#).