

# Internet Safety Tips for Parents & Guardians



1. Communicate with your child about his/her Internet experience. Discuss the importance of Internet safety and teach the basics
2. Set house Internet and mobile phone rules
3. Educate yourself on the latest threats facing children online and have a good understanding of how your child spend his/her time online
4. Keep the computer and any other Internet-enables devices used by your child in a common room. Install firewall and antivirus software
5. Ensure parental control, parental consent, age verification and content lock are activated. Ensure barring process and filtering are in place
6. Analyse content providers' policies and their compliance. Check contractual flexibility (e.g. how to delete an account) and use of automated moderation filters in conjunction with humans
7. Check your child's page or profile on a regular basis. Track your child's spending online carefully
8. Tell your child to never use full names and share passwords. Prevent your child from sharing personally identifiable information (e.g. address, telephone number, name of school, sport club).
9. Ensure your child understand what it means to post photographs and any other content on Internet
10. Educate your child by explaining never to arrange to meet in person someone he/she first met online. Warn your child about expressing emotions to strangers directly online

## Membership Subscription Help & Information

For more information or just general enquiries about the X-Shot Online Membership subscription, please contact us at: [xshotmembers@zuru.com](mailto:xshotmembers@zuru.com)

## Safety Sites for Parents

### GB

[ThinkUKnow.co.uk](http://ThinkUKnow.co.uk)  
[CEOP.gov.uk](http://CEOP.gov.uk)

### USA

[Netsmartz.org](http://Netsmartz.org)  
[WiredSafety.org](http://WiredSafety.org)

### CA

[Cyber-safety.com](http://Cyber-safety.com)

### AU/NZ

[Cybersmart.gov.au](http://Cybersmart.gov.au)

### Ireland

[Webwise.ie](http://Webwise.ie)

### Wales

[Wisekids.org.uk](http://Wisekids.org.uk)

## Parental Monitoring & Verification Software

[imSAFER.com](http://imSAFER.com) / [netnanny.com](http://netnanny.com)