We all spend a lot of time online doing things like chatting with friends, watching videos, playing games, sharing photos. The internet is a great place to stay connected with people, learn about anything we can think of and it has transformed the way we live.

As we spend so much time online it's important that we know what to do if someone is nasty to us online or shares something on the internet that upsets us or makes us feel uncomfortable. Follow our quick tips below to make the most of the opportunities the internet brings:

Some of the stuff you find online might offend or upset you. Whether that's a website, video, or post that you don't agree with. It can make you feel uncomfortable to come across something you definitely didn't want to see or didn't feel ready for. It's normal to feel this way: don't forget you can always talk to an adult such as a parent, family member, friend or teacher for advice. You can also use the 'report' tool on social media to report posts you don't think are appropriate. Finally, remember that anyone can post things on the internet and just because something is online, it doesn't mean it's true.

It's important to treat others online as you would in real life. Protect your online reputation and think before you post, as once you post something online it can be very hard to get rid of. Avoid sharing personal information about yourself online – things you post online could be shared publicly by anyone.

If you receive messages that hurt or upset you, this is cyberbullying. From inappropriate texts or blog posts, to sending offensive images over the internet and excluding people from group chats, cyberbullying can take a number of forms – but there are things you can do to stop it. Use the block and report tools on social media sites, don't retaliate, and tell an adult you trust. For more advice on cyberbullying visit our website: www.antibullyingpro.com/how-to-stay-safe-online.

Ever been shocked by the bill for using your mobile phone or tablet? Texts, downloads and apps can all add up and, if you're on a 'Pay monthly' contract, you might not even notice the costs mounting until it's too late. Talk to your parent or guardian about your monthly bill so that everyone's clear what the money is being spent on. Be aware of potential hidden costs when paying for products, in-app purchases and services directly from your device.

You should also bear in mind that whilst social media sites are free to use, one of the reasons they are able to make a profit is because they have access to information about its users. Other apps and services which are free may ask for your data, such as email address, name, or age to register, but sell this on to make a profit. Think about the data you're making available when you sign up to services and apps, and talk to a parent or guardian if you're unsure.

parent ZONE
MAKING THE INTERNET WORK FOR FAMILIES

Thinking of getting your child an internet-connected device, or trying to help them manage the one they have?

At school your child has taken part in a *Be Strong Online* session, a new peer-to-peer learning programme from The Diana Award charity and Vodafone. This session looked at all of the ways the internet has changed our lives, the positives and negatives of online behaviour, and things to think about to stay safe online. Visit our website to find out more about *Be Strong Online:* http://www.antibullyingpro.com/vodafone-sign-up

There are lots of positive aspects of the internet: it can help young people make friends, express themselves, learn, keep in touch with family. When used responsibly and in moderation it can be a lot of fun as well. With the help of Parent Zone, we've compiled some top tips below to help you support your child's use of the internet and technology.

1   **Get involved:** Sit down with your son or daughter as soon as they get their new phone and have a look at the different features together. Have a go with using some of the technologies your child enjoys – if you haven't already, set up a Facebook profile, play a game on a games console or download some music.

2   **Find out what they have learned this week:** ask your child to teach you something new about the tech they're using on a regular basis. But don't forget that they'll still need your guidance to make good decisions when using the internet.

3   **Set boundaries:** Establish some rules about which apps and websites your child can access, who they can contact and how they should behave on when using the internet.

4   **Use safety tools:** Set up parental controls on their smartphone or tablet so you can block access to inappropriate content and put time limits in place.

5   **Protect their privacy:** Consider whether you're happy for your child to share their location with others via Bluetooth and location services within apps and have a chat about the privacy tools that are available on services like Facebook, Snapchat and Instagram.

6   **Minimise costs:** Limit access to apps and in-app purchases and set their phone to default to Wi-Fi whenever it's available so that you don't get a shock when your bill arrives.

7   **Avoid theft:** Explain to your child why they should look after their device like they do their purse or wallet – it's valuable both in terms of cost and the personal information stored on it. Get them to set a passcode and auto-lock on their screen and for smartphones they should keep a note of the IMEI serial number (you can find this in Settings>General or by dialling *#06# into the phone) in case it gets stolen.

8 **Set usage limits:** agree on some family rules, such as no phones at the table or no tech after a certain time, to help keep a balance between the online and offline worlds.

MY TECH FAMILY

Take some time to look at the My Tech Family activities on the Vodafone website. They may help you explore the online world safely as a family while learning and enjoying a range of digital activities together. Help your children understand the digital world we live in today and how to get the best from technology by checking out the activities here: http://www.vodafone.com/content/parents/mytechfamily.html

MORE INFORMATION

The pages below offer lots of useful advice about security, privacy and more:

http://www.vodafone.com/parents

http://vodafonedigitalparenting.co.uk

http://parentzone.org.uk/

http://parentinfo.org/

http://consumers.ofcom.org.uk/phone/mobile-phones/safety-and-security/using-apps-safely-and-securely/

https://www.getsafeonline.org/

If bullying is one of your biggest concerns, take a look at our anti-bullying guidance on page 28 of Vodafone's *Digital Parenting* magazine or download our free *Be Strong Online* resources here: http://www.antibullyingpro.com/vodafone-sign-up

OUR PROGRAMMES

The Diana Award

www.diana-award.org.uk   @dianaaward

Network/Training & Mentoring

www.facebook.com/thedianaawardd   @dianaaward

Anti-Bullying Ambassadors

www.facebook.com/antibullyingpro   @antibullyingpro