Bailiwick of Guernsey Law Enforcement

First Phone Guide for Families



With Christmas approaching, some families might be thinking about buying a mobile phone as a gift for a young family member. We know that many parents and carers feel out of their depth when discussing digital technology, apps and safety, so we've put together some useful safety info which is important to have in mind when buying, setting up and supervising a child's use of a mobile phone, as well as some great resources for helping your child to stay safe online. To access the information via QR code, open the camera app on your device and hover over the QR code. Alternatively, you can click the links in blue.

How to choose a suitable device

There are so many options when it comes to choosing a mobile phone for your child. This guide from Safer Internet UK outlines all you need to consider when buying a new device. It includes information about phones, tablets, laptop/desktop computers, gaming consoles, smart toys and other internet compatible devices. www.saferinternet.org.uk/guide-and-resource/parents-and-carers

Using Parental Controls and Settings

Parental controls are one of the best ways to keep tabs on your child's online activity, as well as allowing you to set screen time limits, block access to certain websites and keep control over online spending. Internet Matters has some great, device specific advice which can help you set up your child's device.
www.internetmatters.org/parental-controls/smartphones-and-other-devices/

What do I need to know about social media?

Although lots of children and young people use social media, these sites are unfortunately full of harmful content. This is why the terms and conditions for each site includes a minimum age for use. Generally speaking, this is around 13 years old, but for some sites it is higher, including WhatsApp (16+) and Discord (17+). To find out more about age restrictions on social media and apps take a look at this guide from NSPCC
www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/app-age-rating/

If you want to know more about applying privacy settings to social media accounts, visit www.internetmatters.org/parental-controls/social-media/



How much do you share?

Sharing updates about our family lives, including photos and videos on social media is seen as a great way to keep up with friends and family. Have you ever considered though, how the images you share could impact negatively on your child in the future? This hard-hitting advert from Deutsche Telekom (in English, ***contains strong language*** not suitable for children) explores the darker side of sharing: https://youtu.be/MTDB2u-WevI

Reporting online

It is extremely important that any harmful content such as pornography, images of abuse, or extremism is reported so that it can be removed. If you're not sure what harmful content is, this video will help: What is harmful content?

REPORT HARMFUL CONTENT

Find out how to report harmful content here:
Report Harmful Content - We Help You Remove Content

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