

If Your Child is Aged 13 years and older



- It's never too late to reinforce boundaries ... your child may think they are adult enough, but they definitely still need your wisdom and guidance.
- You may be starting to think your child knows more about using technology than you do, and you may be right. Make it your business to keep up to date and discuss what you know with your child.
- Talk frankly to your child about how they explore issues related to the health, wellbeing, body image and sexuality of themselves and others online. They may be discovering inaccurate or dangerous information on online at what is a vulnerable time in their lives.
- Review the settings on parental controls in line with your child's age and maturity and adjust them if appropriate. They may ask you to trust them sufficiently to turn them off completely, but think carefully before you do and agree in advance what is acceptable online behaviour.
- Also talk frankly to your child about how they behave towards others, particularly with regard to what they post online. Be willing to have frank conversations about bullying, and posting hurtful, misleading or untrue comments. Make them aware of the dangers of behaviours like sexting and inappropriate use of webcams.
- Give your child control of their own budget for activities like downloading apps and music, but agree boundaries beforehand so that they manage their money responsibly. Don't give them access to your payment card or other financial details.
- Be clear in your own mind on issues such as copyrighted material and plagiarism so that you can explain to your child what is legal and what isn't.
- If your child has the technological know-how – and with sufficient influence from others – they could be vulnerable to experimenting with accessing confidential information from the websites of other people or companies. Hacking amongst this age group is very rare, but it does exist. Explain the dangers and consequences

Other Helpful Links

Childnet International

BeatBullying

ParentPort

UK Council for Child Internet Safety (UKCCIS)