

How to keep your grandkids safe online

When you're with your grandkids, they may spend some of their time online – whether it's chatting to friends, watching a show or enjoying social apps such as TikTok and Snapchat. It's important to make sure they are safe online, so there are a few things you can do to protect them.

How do they connect?

There are lots of ways to connect to the internet, so your grandkids may be online even when you don't realise it! Devices include: home computer, smartphone, tablet, games console, smart watch and more.

Talk to them

The best way to deal with digital safety is to talk to your grandkids about the possible risks. You want them to have a safe and positive experience and following a few rules will make this easier.



'Parental controls' can help you manage and restrict what your grandkids see and do online. Search for 'how to set up parental controls' on the device, app or browser you want to use and follow the instructions.

Things to think about:

Cyberbullying

Have they been bullied online? Internet Matters has some great advice on their cyberbullying advice hub.

Sharing images and videos

It's easy for someone to screenshot an image that you share with them, so you have to be very careful about what you send as you can't control where it might end up.

Staying safe

Make sure your grandkids:

- Set their social accounts to private
- Never post personal information
- Never share their location

Social sites

Many sites are age restricted and require users to be 13+ to have a profile – have a look at the platform, so you know what's what.

What's a content filter?

Your internet provider will probably offer a content filter, this means you can set certain rules on your broadband and filter out certain content. This can stop kids from accidentally stumbling across something that isn't suitable for them. Contact your provider to find out how to set this up. You can also find advice at Internet Matters Inappropriate Content hub.

Set a limit

Discuss how much screen time they can have and agree upon a limit. You can always set a timer to remind you.

Switch off

Make sure they switch off well before bedtime to give themselves some downtime away from the screen, especially if they are playing online games.



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