Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - but there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, as you'll often find guidance in the instructions that come with the device. By setting a private pin code on certain devices, you can make sure your child can only access it when you allow it.

2 PROTECTING ANDROID DEVICES

You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's similar, but first select 'Parental Controls' in the play store.

3 PROTECTING APPLE DEVICES

For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device you do not want them to have access to.

4 THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the Internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the Internet.
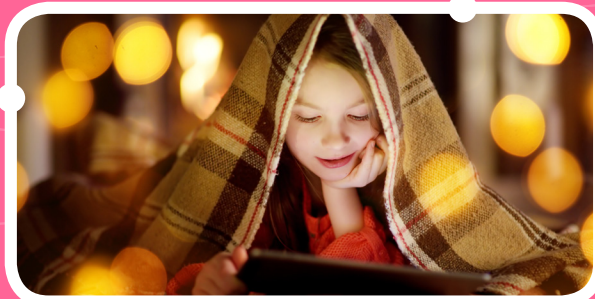
5 MAKE SEARCHING MUCH SAFER

Most search engines - such as Google, Bing or Yahoo – have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the Internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings help and search for 'safe search'. Make sure you save the change so it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.

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9 Top Tips To Get Smart About children's devices

6 REGULARLY CHECK SOCIAL MEDIA SETTINGS

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.

7 DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices. Or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why these can be dangerous and how to turn the setting on and off as required.

8 WATCH OUT FOR FAKE PROFILES

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.
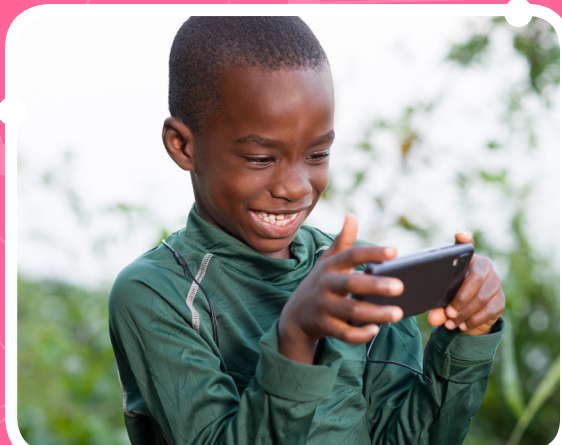
9 KEEP A CHECK ON SCREEN TIME

Managing how much time we spend on screens is a new challenge for us all. But it's critically important when it comes to children, especially younger children who are still developing. And it's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Pediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. Still, it is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.

Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.

SOURCES: www.thinkuknow.co.uk, https://www.internetmatters.org/, https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents, https://www.ncsc.gov.uk, https://www.getsafeonline.org