



Useful eSafety Information for Parents

Apple – the way to secure your phone is to follow the instructions from Apple to restrict its use

- <https://support.apple.com/en-gb/HT201304>

Android – Play Store downloads

Dinner Time Plus – third party app which lets parents remotely control children's devices

- <https://play.google.com/store/apps/details?id=com.zerodesktop.appdetox.dinnertimeplus>
- or <https://tinyurl.com/dinnertimeplus>

Family Link – a Google app which allows users of Android 7.0 or higher devices to regulate the use of their children's devices

- <https://families.google.com/familylink/>

Links and resources

- [Barnardo's: Child Safety On The Internet](#)
- [Childnet: Internet Safety for Young People](#)
- [CEOP: Internet Safety](#)
- [Kidsmart: Support For Children, Parents & Professionals](#)
- [ThinkUKnow: CEOP Centre For Internet Safety](#)
- [UK Safer Internet Centre](#)
- [NSPCC NetAware: Website Information For Parents](#)
- [Parent Zone: Information for a Digital Family Life](#)
- [Parent Port: Make a Complaint](#)
- [Internet Matters – can help you to set up your devices safely](#)
- [PEGI – Pan European Game Information – age restrictions, parental controls](#)

Are you worried about online sexual abuse or the way someone has been communicating online?

Contact the police directly on 101 or create a report using www.ceop.police.uk for less urgent cases.