

The **NSPCC** call  
the Internet The  
**Wild West!**  
Be aware of the  
dangers

internet  
matters.org

Digital Family Agreement



### The 4 'C's

#### Content

- Illegal
- Inappropriate / harmful  
e.g. fake news, racism,  
misogyny, self-harm,  
extremism, pornography

#### Contact

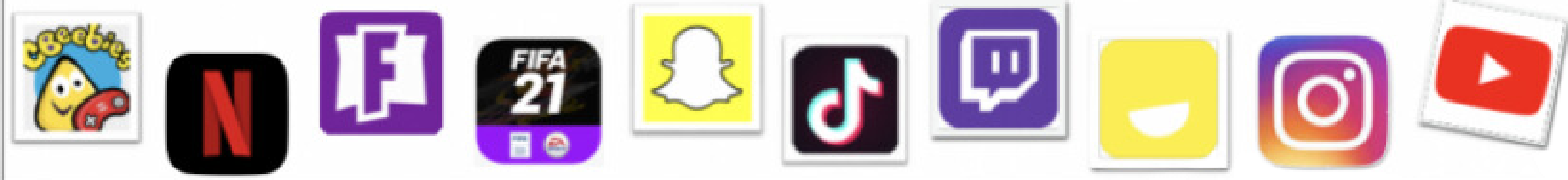
- Bullying
- Grooming
- Sexual harassment
- Exploitation
- Influencing
- \*end-to-end encryption

#### Conduct

- Privacy
- Digital footprint
- Health and wellbeing
- Nudes and semi-nudes
- Copyright
- Live Streaming

#### Commerce

- Online gambling
- Advertising
- Phishing scams
- Financial scams
- Micro-transactions



Agree **family boundaries**  
& set **parental controls**

[www.internetmatters.org/  
parental-controls/](http://www.internetmatters.org/parental-controls/)  
<https://parentsafe.lgfl.net>

BBC  
Bitesize

tech  
she  
can;

SUPPORT YOUR  
CHILD'S DIGITAL DIET,  
LIKE YOU DO WITH  
FOOD AND HEALTHY  
EATING

SAY **NO** TO JUNK FOOD  
You CHOOSE

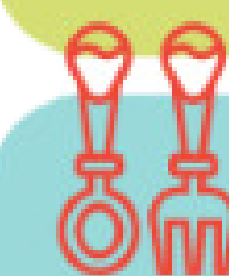


Safer Internet Day

ISLINGTON  
Digital Charter

Children's  
COMMISSIONER  
Digital 5 A Day

Islington wants to promote the safe,  
happy and creative use of technology.  
In consultation with our children, parents  
and staff we have developed our very  
own 'Digital Charter'



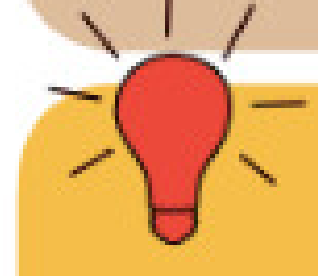
Mobile-free mealtimes



Real books at bedtime



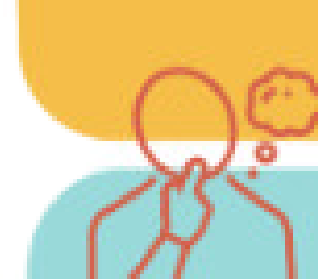
Be kind online



Create, don't consume



Balance online  
and physical activity



Think before you share



If something upsets  
you, tell an adult



Age appropriate  
content only

the  
sleep  
charity

03303 530 541

