

Talk openly about online activity

Talk with your child about the sites they use and what they are doing online. Talk about how they and others should behave when online. In the same way as you prepare your child for real life problems, like getting lost in the supermarket talk with your child about what they should do if something they don't like happens online.

Keep screens and devices where you can see them

This will give you an opportunity to monitor what your child is doing online.



Know your parental controls

Although they are not 100% accurate, parental controls can help prevent your child from seeing the most violent or sexual material

Tips to help your child to be safe online

Know who your child's online friends are

Be curious about who your child is talking to online. Remind your child that people online may not be who they say they are.

Keep track of time online

Decide on an appropriate amount of time for your child to be online and make this clear to your child. Perhaps have a timer to show your child when it is time to leave their device. Encourage them to have screen-free days. As with all things, adults need to model positive behaviour by switching off our own devices.

Take care with what you share

Encourage your child to think carefully about the information they share online. They should never give personal information like address, phone number, location or school. Before posting a photograph children need to be reminded that it could be looked at by anyone, if they wouldn't show a stranger they shouldn't post it.

Where can I find more information and support?

The sites below have a wealth of information including videos to support parents and children to be safe online:

The logo for internet matters.org, featuring the text "internet matters.org" in white on a green rectangular background.

www.internetmatters.org



www.thinkuknow.co.uk



www.saferinternet.org.uk

The logo for NSPCC, featuring the text "NSPCC" in large green letters.

www.nspcc.org.uk/onlinesafety