

Staying safe online

The following pages of information have been shared from the Safer Internet Day website. All the slides below and further information can be found at - [Things change so fast online, it's hard to keep up with what my child is doing - UK Safer Internet Centre](#)

Things change so fast online, it's hard to keep up with what my child is doing

The internet plays a significant role in the lives of children and young people; becoming integral to their social development as they get older. Talking to young people about their life online and encouraging them to share their experiences with you, is a key part of helping to safeguard your family.

Whatever your level of knowledge or confidence, these five tips will help you start, manage and maintain an open dialogue with your children about life online, and help you support them to use technology safely and positively.

1. Talk early and often

The most effective way to deal with any online issue is to make conversations about the internet a part of your everyday routine.

Talking openly about life online from an early age, can be a helpful bridge to sharing safety messages and addressing more difficult conversations at a later date; it also shows your child that you are someone who knows about the internet and can help them.

2. Be positive and open minded about the internet

It's important to recognise the exciting opportunities that going online can offer children and young people. Although your children may use the internet differently to you, their experiences are still significant.

If your child mentions something you haven't heard of, ask them to show you, or explain in more detail, or you may need to do your own research. Try to keep conversations broad, and value their opinions when they're talking about what they enjoy doing, to show that you are interested in all aspects of their online world.

3. Create a safe space for conversations

Look for opportunities to talk together. Sometimes, talking face-to-face can feel difficult, so talking alongside each other when out for a walk, or travelling in the car for example, are options that might make it easier.

The environment needs to be right; free from distractions, so that your child has your undivided attention. Remind them often that they can talk to you about anything, no matter how difficult, and that they will not be judged or blamed.

Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.

4. Keep it relevant

As they get older, your children will use technology differently from when they first went online. Their knowledge and understanding will grow too, as will the challenges they may face on the internet.

To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have.

There are appropriate ways to approach all online safety topics with different ages. For example, with a teenager, nude images can be spoken about in wider conversations around consent and healthy relationships. For younger children, you could discuss what types of images are okay to share online, and what areas of our bodies are private.

5. Be proactive

Working together to create an agreement, outlining how the internet and technology will be used within the family, is a useful way to set clear expectations and boundaries for your children.

You might include time spent online; who your children can communicate with; appropriate apps and games; and why safety tools are helpful to block and report inappropriate content. Ask your child what they would do if something went wrong online and they needed help, and reinforce the importance of telling an adult as soon as anything happens that makes them feel upset, worried, or uncomfortable in any way.

Things change so fast online, it's hard to keep up with what my child is doing

Staying up to date with what children are doing online can feel like a challenge sometimes. However, you don't have to be an expert in every new app or service. Simply having conversations with your children about their lives online, and what to do if they need help or something goes wrong, is what's most important. Here are a few simple steps you can take to help bridge the gap.

1. Talk little and often

Having a regular open dialogue with your children about their favourite apps, the games they enjoy, and their online friends, will help create an environment where chatting about online experiences becomes a normal part of family life.

2. Stay proactive

As a result of discussions with your children about their online activities, take time to research the apps they're using, the accounts or channels they're following, and the games they're playing, to get a better idea of what they're experiencing and what your thoughts are towards it.

3. Seek support

Knowing where to get help is essential. Each app or platform will have its own safety guidelines and reporting features, and having knowledge of how to use these will ensure you can make a report, seek help, and support your child to get the best out of the services they're using.

Supporting 0 – 5s on the internet

Video available on this weblink - [Pre-school \(0-5\) online safety advice | Internet Matters](#)

Other videos for children 5 and under - [Early years online safety video guides | Internet Matters](#)

Wellbeing apps for children - [Wellbeing apps for kids | Internet Matters](#)

[Click here](#) to open the folder for further posters and documents that help 0-5s stay safe online.

Supporting 6 – 7 year olds on the internet

CEOP offer Interactive online safety games for children to play - [4-7s website - information for parents and carers \(thinkuknow.co.uk\)](#)

BBC show how to stay safe online - [How to be safe online? - BBC Bitesize](#)

Safer Internet Centre offer guides and resources - [Parents and Carers - UK Safer Internet Centre](#)
[Click here](#) for additional guides.

Supporting 8 – 11 year olds on the internet

A CEOP online safety game for children to play - [Band Runner for 8-10 year olds \(thinkuknow.co.uk\)](#)

CEOP explaining what parent and carers need to know about gaming - [Gaming: what parents and carers need to know \(thinkuknow.co.uk\)](#)

CEOP offer a helpful page with additional links for parents - [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)

Online safety advice from Internet matters - [Online safety advice for 6-10 year olds | Internet Matters](#)

BBC share online safety tips - [What is online safety? - BBC Bitesize](#)
[Click here](#) for additional guides.

Additional websites for parents

Step by step guides about setting controls on devices on frequently used social media - [Social Media privacy setting guide - Internet Matters](#)

Google have an app called Google Family Link that offers safety tools that works across a variety of devices - [Google online safety tools for families | Internet Matters](#)

Location and tracking settings on devices - [Guide to tech: Using tracking and location settings on kids devices - Internet Matters](#)

Help, advice and resources for parents and carers from Childnet - <https://www.childnet.com/parents-and-carers/>

Resources from Safer internet for children aged 3-11 to interact with - [Resources for 3-11s - UK Safer Internet Centre](#)

National Online Safety (NOS) share videos, guides and even online courses to sign up to - [Online Safety Guides & Resources for Parents \(nationalcollege.com\)](#)

NSPCC offer online advice and guides - [Keeping children safe online | NSPCC](#)

CEOP and Parent Zone collaborated to create Parent Zone offering advice and support - [Parent Zone | At the heart of digital family life](#)

Vodafone created digital parenting and offer great resources like the digital parenting magazine and eBooks at the bottom of this link - [Digital Parenting - Vodafone UK News Centre](#)
Internet matters offer a list of social networks made for children - [Social media networks made for children | Internet Matters](#)
Information and advice for parents and carers in supporting young people online from Childnet - [Parents: Supporting Young People Online \(Leaflets\) | Childnet](#)