Helpsheet
parents and carers: primary

CEOP
Education from the National Crime Agency

8 steps to support your child to be safer online

1. **Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.

2. **Chat little and often about online safety.** If you're introducing them to new websites and apps, talk to them about how to stay safe on these services and in general. Ask if anything ever worries them whilst online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3. **Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to draw a picture or write a list of their trusted adults.

4. **Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5. **Supervise their online activity.** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of this age should not access the internet unsupervised in private spaces, such as alone in a bedroom or bathroom.

6. **Talk about how their online actions affect others.** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

7. **Use 'SafeSearch'.** Most search engines will have a 'SafeSearch' function, allowing you to limit the content your child can access online. Look out for the 'Settings' button on your web browser homepage, often shaped like a small cog.

8. **Parental controls.** Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

www.thinkuknow.co.uk/parents

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Support your child with CEOP Education resources

CEOP Education films and games are a great way to start and continue chats about online safety:

4-7s
Jessie & Friends
www.thinkuknow.co.uk/parents/jessie-and-friends-videos/
A three-episode animated series which helps keep 4-7s safer online.

4-7s website
www.thinkuknow.co.uk/4_7/
Featuring characters from Jessie & Friends, the 4-7s website helps children to recognise worrying or scary situations online through four interactive badges covering: watching videos, sharing pictures, online gaming, chatting online.

8 – 10s
Play Like Share
www.thinkuknow.co.uk/parents/playlikeshare/
A three-episode animated series that helps keep 8-11 year olds safe from risks they might encounter online.

Band Runner game and advice website
www.thinkuknow.co.uk/8_10/
A fun interactive game that helps reinforce key messages about online safety.

Other recommended resources

NSPCC PANTS. A simple way to keep children safer from abuse, by teaching them to remember the 5 rules that spell 'PANTS'. www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/

Internet Matters. A useful tool showing how to set parental controls across a range of devices and websites. www.internetmatters.org/parental-controls/interactive-guide/

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