

Parents

Protecting your children online

Made with
resources from:



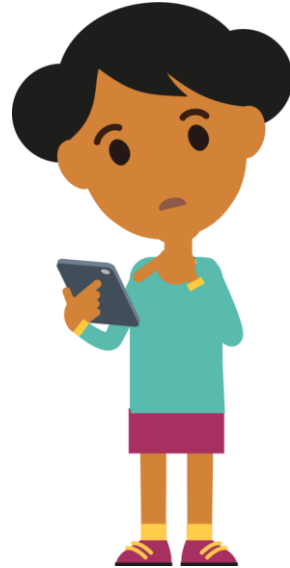
Inappropriate video content

- They may, accidentally, see something not intended for them
- They can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded
- They are curious and they may go looking for content



What are the risks of online gaming?

- Chatting with people they don't know
- Inappropriate or unmoderated chat
- Requests to chat in private
- Offering gifts or trades



The risks of social media

- Inappropriate content
- Inappropriate behaviour
- Over-sharing
- Making friends with people they don't know





What can you do?



What can you do?

- *Make sure they are ready.*
- *Be a great role model.*
- *Get involved and support them.*
- *Talking about safe social media use.*



Chat - little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Report anything that worries them

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them



Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information



Digital Toolkit

<https://www.internetmatters.org/digital-family-toolkit/>

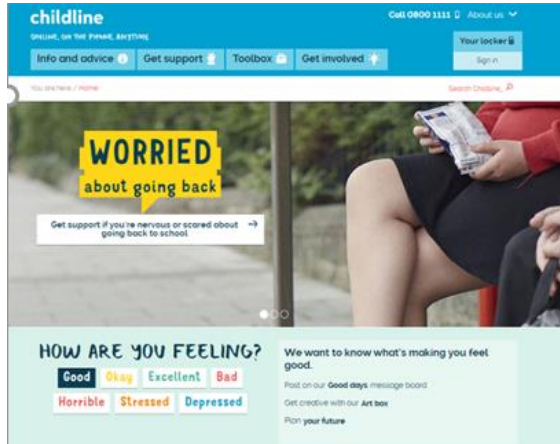
My Family's Digital Toolkit

Answer some simple questions about your family and get a personalised
online safety toolkit

GET YOUR TOOLKIT

FIND OUT MORE →

Where can you get advice and support?



CEOP - reporting sexual abuse

Reporting to NCA-CEOP - www.ceop.police.uk



The screenshot shows the CEOP website header with the logo and the text "Child Exploitation and Online Protection command". A dark blue bar at the top right contains the text "If you need to hide this site quickly, just click here" and a red "Quick exit" button with a person icon. The main content area features a large heading: "Are you worried about online sexual abuse or the way someone has been communicating with you online?". Below this is a sub-heading: "Make a report to one of CEOP's Child Protection Advisors". There are three columns of text, each with a heading and a right-pointing arrow:

- Should I make a report to CEOP? →**
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.
- What happens when I make a report? →**
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.
- How can CEOP help me? →**
Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

Each column includes a small illustration: a computer monitor with a sad face, gears and a question mark, and a speech bubble with a smiley face.



Recap

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have
- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them
- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information

