

Online Safety - Advice for Parents/Carers and Children

10 tips to stay safe online

Not sure what advice to give your child? Here are 10 tips.

1. You should only talk to people you know and trust in real life – anyone can pretend to be a child online
2. If you do talk to people you don't know, don't give away personal information – like what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them.
3. Set your profiles to private, to limit what others can see
4. Be 'share aware' – think carefully about what you share and with who. Once it's out there, you've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop
5. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university
6. If you see something upsetting, or someone bullies you, tell an adult you trust
7. Be aware that people will try to make their lives look more exciting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true to life representation
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password
9. Take any content that glamorises gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/onlinesafety/talking-child-online-safety>

Online Safety Websites

The following website are useful for parents/carers and children to learn more about online safety:

<https://www.internetmatters.org/> - helping parents keep their children safe online

<https://parentinfo.org/> - help and advice for families in a digital world

<https://www.childnet.com/parents-and-carers> - information you need to keep your child safe online

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> - advice for children about online safety

<https://www.saferinternet.org.uk/> - online safety tips and advice

<https://www.thinkuknow.co.uk/professionals/> - raise awareness of online child abuse

The following website has a leaflet about supporting young people online. This leaflet has been translated into Arabic, Bengali, Farsi, French, Hindi, Polish, Punjabi, Somali, Spanish, Turkish, Urdu, Vietnamese and Welsh.

<https://www.childnet.com/resources/supporting-young-people-online>