

# Online Safety



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# Keeping your child safe online



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Average child posts  
26 times a day on  
social media - but  
only 6 - out of 10  
followers are really  
friends



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# Adjust control

*Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age.*

Your broadband provider can tell you how. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://google.co.uk/safetycentre)



# Keep talking

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources



# Privacy Matters

Make sure they set high privacy settings on social networks.

Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.



# Managed their online reputation

Let them know that anything they upload, email or message could stay online forever.

Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.



# Stay safe on the move

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information.

Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.





# Teach your child some simple rules

1. Make sure your child knows how to block abusive comments and report content that worries them
2. Teach them to respect others online and think about comments before they post them
3. Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
4. Use secure and legal sites to download music and games
5. Check attachments and pop ups for viruses before they click or download anything
6. When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying



# Talk about it

1. Make sure your child knows they can come to you if they're upset by something they've seen online
2. Tell them you trust them to do the right thing rather than over monitoring their internet use
3. If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
4. Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
5. Talk to them about how much time they spend online and make sure this is balanced against other activities



# Help resources...

[nspcc.org](https://www.nspcc.org)

[internetmatters.org](https://www.internetmatters.org)

[safeinternet.org](https://www.safeinternet.org)

[gov.uk](https://www.gov.uk)



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