

Online Safety

We expect many children received games, apps or new digital devices for Christmas. The internet is amazing - opening up a whole world of exciting possibilities. But how can you make sure your child's staying safe? As parents or carers you don't need to be an expert on the internet but you do need to be aware of the issues that can affect them

1. **Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information
2. **Content:** age-inappropriate or unreliable content can be available to children
3. **Contact:** children can be contacted by bullies or people who groom or seek to abuse them
4. **Commercialism:** children can be unaware of hidden costs and advertising in apps, games and websites

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media - provide their customers with free parental controls which can be activated at any time.

But... remember that filtering is only part of the solution

No filter or parental controls tool is 100% effective, and many of the risks that young people face online are because of their own and other's behaviour. It is therefore important to **talk** to your children about staying safe online and make sure they know that they can turn to you if they get into any difficulty.



The NSPCC has excellent advice and support for parents. Follow their 4 easy steps to keeping your children safe online.



Lots of support, resources and information can be found at

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety>

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