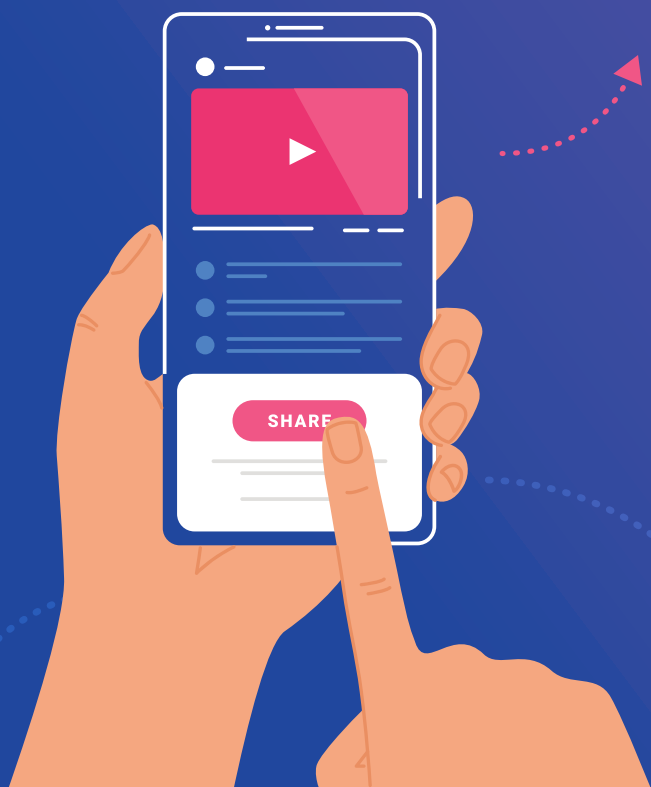


Online Safety-Guide for Parents and Carers



Communities Team

Introduction

Supporting your child to stay safe online can be daunting for some parents and carers. The information in this leaflet was produced by the Communities Team to help parents and carers access information when they are planning or need to support their child around online safety.

The internet is a great way for children and young people to stay connected with family and friends. It can help children access a wealth of information and support their learning. However, it can also be a cause for concern if something starts to go wrong. According to Ofcom (2019) 8-11 year olds spend 13 hours and 36 mins a week online, while 12-15 year olds spend 20 hours and 30 mins.

Children and young people use a range of social media platforms, websites, apps and games. Protecting and keeping children and young people safe online is very important and parents and carers have a vital role to play.

Children as young as 3-4 years old have access to a tablet, while 45% of 5-15 year olds own their own. 35% of children own a smartphone and this increases to 83% for 12-15 years. 62% of 11 year olds and 69% of 12 year olds have a face-book page, despite the minimum age being 13 years.

Sometimes It can be difficult for parents and carers to pinpoint the information they need to support their child to stay safe online or to report a problem. This leaflet will help to direct you to websites and information provided by organisations that support the online safety of children and young people.

Conversations, Agreements and Controls

There are several things parents and carers can do to keep their children safe online. Having a conversation and taking an interest in their online activity can often be the first step. It is useful to know what your child is doing online, what websites they are visiting, what social media, apps and games they are accessing and who they are in contact with. Parents can set up agreements with their child about their online activity. They can use parental controls and filters to help keep their child safe while online.

Below are links that will help you start the conversation with your child, become aware of the platforms they are using and support them to stay safe.

Websites

Net-aware; provide tips and advice on how to start a conversation with your child about online safety.

Online safety- where to start

<https://www.net-aware.org.uk/tips-and-advice/>

NSPPC; offer advice on parental controls and filters.

Advice on setting up parental controls to help you keep your child safe online

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

Net-aware; provide information around popular social networks, apps and games.

The most popular social networks, apps and games your kids are using

<https://www.net-aware.org.uk/networks/>

Internetmatters; have developed a toolkit helping you to support your child to become resilient online. There is also age specific information.

Digital Resilience Toolkit and online safety guide for 6-10yrs, 11-14yrs and 14yrs plus

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

Children and Young People Online

Children and young people take risks online and offline, taking risks is part of growing up. There are a range of risks that children and young people can take. They can view content that is harmful, they can make contact with people they do not know, and they can conduct themselves online differently to the way they would in the real world.

Children and young people will take risks online for a range of reasons as they can have fewer inhibitions and not fully understand the risks and the implications of the online world. It is important for parents and carers to be aware of their child's online activity so they can provide support, as children can be less protected when they are online.

The links below provide parents and carers with information and advice to support their child around specific topics such as inappropriate or explicit content, gaming, online dating sites and online bullying.

Websites

NSPCC; provide information on the risks and advice on specific topics to help you keep your child safe online.

Sexting and sending nudes, Inappropriate or explicit content, Online porn and Gaming

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

Thinkuknow; have developed information and advice for parents and carers around specific topics and age appropriate information.

Nude selfies, Worried about your child and Porn, Online dating sites, Sharing Pictures, Gaming, Grooming and online safety age specific information

<https://www.thinkuknow.co.uk/parents/Listing/?cat=68&keyWord=Parent%20and%20carers%20&p=1>

NSPCC; you can access advice and information to support your child around online bullying.

Bullying and cyberbullying

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/#cyberbullying>

Common Sense Media; also provide advice on what you should do if your child is bullied online.

What should I do if my kid is bullied online?

<https://www.common sense media.org/cyberbullying/what-should-i-do-if-my-kid-is-bullied-online>



If you need advice because you are concerned or you need to report a problem about the online safety of your child, you can access the services below.

Get advice when you have a concern and reporting to CEOP (Child Exploitation and Online Protection Command)

CEOP is a law enforcement agency and is here to help keep children and young people safe online.

Websites

NSPCC; if you would like to discuss your concerns or are worried about a child, you can contact NSPCC. **Contact NSPCC helpline on 0800 800 5000 or by emailing help@nspcc.org.uk**

Thinkuknow; provide advice and support if you need to report an incident to CEOP.

Reporting to CEOP

<https://www.thinkuknow.co.uk/parents/Get-help/Reporting-an-incident/>

CEOP; if you need to contact CEOP directly you can click on the following link.

CEOP Safety Centre

<https://www.ceop.police.uk/safety-centre>

Relationships, Sex and Growing up

When having conversations about online safety with your teenager, it can be difficult to separate it from discussions relating to relationships, sex and growing up. Relationships happen for young people on and off-line.

If you would like to know more about how you can support your teenager around relationships, sex and growing up you can undertake the online E-Learning units provided by NHS – Speakeasy. Speakeasy is a programme designed for anyone who wants to support a young person, including parents and carers.

Website

Speakeasy; have developed E-Learning units. You can pick and choose the units that are most relevant to you.

Introduction to positive communication around relationships, sex and growing up.

<https://www.sexualhealthtayside.org/course-list/>

To develop a better understanding of the movies, TV programmes, apps and games that your child is viewing and using you can access rating and reviews below.



Reviews of Movies, TV, Apps and Games

Website

Common Sense Media; provide parents and carers with information and reviews of movies, TV programmes, apps and games.

Review of Apps and Games

<https://www.commonsensemedia.org/app-reviews>

