

10 tips sharing advice to keep children safe when accessing, viewing and engaging with content online -

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

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**1 MONITOR VIEWING HABITS**

Whilst most apps have moderation tools, inappropriate content can still slip through the net.
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**2 CHECK ONLINE CONTENT**

Understand what's being shared or what seems to be 'trending' at the moment.
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**3 CHECK AGE-RATINGS**

Make sure they are old enough to use the app and meet the recommended age limit.
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**4 CHANGE PRIVACY SETTINGS**

Make accounts private and set content filters and parental controls where possible.
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**5 SPEND TIME ON THE APP**

Get used to how apps work, what content is available and what your child likes to watch.
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**6 LET CHILDREN KNOW YOU'RE THERE**

Ensure they know that there is support and advice available to them if they need it.
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**7 ENCOURAGE CRITICAL THINKING**

Talk about what people might post online and why some posts could cause distress.
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**8 LEARN HOW TO REPORT & BLOCK**

Always make sure that children know how to use the reporting tools on social media apps.
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**9 KEEP AN OPEN DIALOGUE**

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
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**10 SEEK FURTHER SUPPORT**

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

**National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

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For more guidance from the National Online Safety website;  
<https://nationalonlinesafety.com/>



## Online Safety Newsletter

Christmas Special 2020

As the Christmas break approaches, it is likely that our children will soon be spending more time online.

We deliver online safety lessons in school, but this knowledge is only successful if we work together to reinforce the safe behaviours at home too.

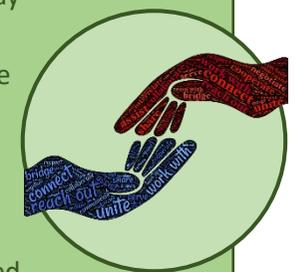
Therefore, we feel it is an appropriate time to highlight some online safety tips to support you over the festive period.



### Talk to your children -

Take an active interest in your child's online life and engage with what they are accessing, who they are communicating with and what they are sharing with others.

- invite your child to teach you how to play their favourite online game
- download the app they spend most time on to familiarise yourself with the content
- ensure your child knows you are safe and approachable to talk to
- remind your child that if they are worried or have concerns about something online, you are there to talk



For more information and support, follow the link –

<https://www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/>



## Set boundaries -

Similarly to in the 'real world', as a parent you should set boundaries for children when online.

- agree as a family how and when the internet will be used at home
- discuss expectations and consequences of behaviour
- role-model positive choices when online yourself. This could be seeking your child's permission prior to sharing a photo of them online or discussing a 'problem' you have online and seek their advice.

Follow the link for a Family Agreement template you may find useful -

[www.childnet.com/parents-and-carers/have-a-conversation](http://www.childnet.com/parents-and-carers/have-a-conversation)

# Top Tips!



## Make informed choices -

It is vital we have some understanding of the devices, apps, websites and games our children are accessing. We can then make informed decisions as to if they are appropriate for our children.

- seek support and advice from others - this could be family members or friends whose children have similar interests
- research online – a simple Google search will often produce some key pros and cons of current popular games, apps and devices
- familiarise yourself with the safety and security tools and options which you can put in place

For further support and information, visit -

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>

Children can accidentally or deliberately be exposed to illegal, unwanted or unpleasant content online – installing an anti-virus software can help minimise this risk.

Ensure you model positive behaviours online yourself.

- set and discuss strong passwords to access your private accounts
- do not share unnecessary details about yourself online



**NSPCC**

Online Resources for Parents

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

<https://www.thinkuknow.co.uk/parents/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

<https://nationalonlinesafety.com/guides>

