Internet safety Parents Summary

The Internet is an exciting and positive place. It holds many opportunities for children and young people including careers, support, creativity and engagement.

Understanding Apps

If your child is using an app, site or game and you want to know more about it you can explore together and ask:

1. What content can they see?
2. What can they share and who can they share it with?
3. Who can they chat with? How and where?
4. Who can they be friends with?

Which apps should I be concerned about?

There are no apps, sites or games that are more or less dangerous or risky. People who want to harm children will use any sites or services which children use. Children should know to be wary of people they friend and talk to online, especially if they are asking to talk privately with them, and children should always be advised not share personal information online or any photos or videos that make them feel uncomfortable.

Friendships

- Exploring friendships online *can* create opportunities for young people to gain support.
- It's natural for young people to start exploring their feelings online.
- Talking to new people online can feel exciting to young people, but they could be contacted by people who pose a risk to them.
- Risk-taking is a normal part of growing up.

Sharing Images

Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

- Avoid appearing judgemental, or saying 'don't do it'
- Even when nude images are shared with trusted friends and partners, there's a chance that more people could end up seeing them
- Discuss what a healthy relationship looks like, including the importance of trust and consent
- Remind them that no one should be pressured into sharing a nude image if they don't want to.

Online Abuse Concerns

- There are opportunities for adults to contact children and young people online, in order to harm them. They can use any part of the internet including games, social media, live streaming platforms.
- Adults can create multiple online identities and even pretend to be children and young people themselves.
- Adults can exploit young people's natural curiosity by talking about sex and introducing harmful things.

- Adults can pressure, intimidate and coerce children into doing things that they are not ready for. Increasingly children and young people are tricked into sexual activity over live video.

Summary

Chat little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have

Remind them to report anything worrying

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you wont blame them

Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information

Thinkuknow is the education programme provided by CEOP.

Thinkuknow offers resources for different audiences:

4-7	8-10	11-13	14+	Parents and Carers
Resources for those with special educational needs and disabilities (SEND)				
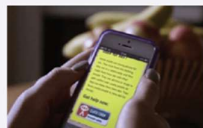
Visit www.thinkuknow.co.uk for information and advice

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111