

WAYS TO KEEP YOUNG PEOPLE SAFE

- ▶ Talk about what they do online and what apps they go on. Check it out for yourself.
- ▶ Take phone and all devices away at night or when you are away for long periods.
- ▶ Seek permission from you before downloading any apps.
- ▶ Regular monitoring - check search history, apps, everyday or at least twice a week.
- ▶ Set up parental controls and filters.
- ▶ Accounts are private and location turned off.
- ▶ Report any issues through the apps and websites.
- ▶ Stick to the age limits.
- ▶ Ensure young people know the legal boundaries – Think before you send.
- ▶ Avoid contact with strangers.
- ▶ Use available websites to help with filters and get advice.

GAMING TIPS

- ▶ Check the game's content and rating.
 - ▶ Turn on safety settings.
 - ▶ Set up new accounts and play together.
 - ▶ Keep devices in shared family spaces.
 - ▶ Play sound through speakers, not headsets.
 - ▶ Link notifications to your account.
- ▶ Encourage children to only talk to people they know.
 - ▶ Advise children to not move to different platform to chat.
 - ▶ Make children aware of techniques used by predators, such as flattery, compliments free gifts, fake news, secrecy, threats.
 - ▶ Encourage children to discuss negative experiences and report.

CONVERSATIONS AND ADVICE

- Ask your child about what they like doing online.
- Ask how are they using the internet. For learning? For socialising? For gaming and play?
- What do they like and dislike about their experiences?
- Have they seen anything upsetting or worrying?
- Discuss boundaries online.
- Allow time to talk about difficult subjects.
- Help your child to recognise good and bad behaviour online.

[Childrens-Commissioners-Office-Talking-to-Your-Child-About-Online-Sexual-Harassment-A-Guide-for-Parents.pdf \(internetmatters.org\)](https://internetmatters.org/childrens-commissioners-office-talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents.pdf)

- Unfortunately we can't protect young people from everything online, so we need to educate ourselves and them.
- Teach your child to think critically about what they read, see or hear online. Question things before you believe and share.
- Maintain a positive outlook. If you constantly criticise the apps and games they love, they're not going to want to talk to you about their online life.
- Having a feeling of control is important to digital resilience: help your child to feel that they have autonomy and, at the same time, that you're always going to be there for them.
- Make time to experience the online world with them and make time for discussions.