Information for parents about online safety

Unsure how to start a conversation with your child about what they're up to online? Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. Reassure them that you're interested in their life. Recognise that they'll be using the internet for many different things. Remind them never to share private or personal information. For more tips read this advice from the NSPCC: https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety

Top tips to stay safe online

- ❖ Set your profiles to private to limit what others can see.

- ❖ Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university.

- ❖ Think carefully about what you share and with who. Once you've shared an image, you've no control over what the other person does with it. *Remember, it's illegal to take, share or view sexual images of under-18s, full stop.*

- ❖ Be careful about talking to people you don't know and trust in real life – anyone can pretend to be someone else online. If you do talk to people you don't know, don't give away personal information – such as what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them.

- ❖ If you see something upsetting, or someone bullies you, tell an adult you trust. Report it too.

- ❖ Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password.

- ❖ Take any content that seems to glamourise gang lifestyles with a very large pinch of salt – it's not as glamourous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity.

- ❖ When reading news online, ask yourself what the source is, when it was published, and whether it could be a hoax or made up. Read beyond the headline too. *(https://www.childline.org.uk/get-involved/articles/how-to-spot-fake-news/)*

- ❖ Remember, people try to make their lives look more exciting and interesting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true-to-life representation.

- ❖ Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them.