Staying Safe Online
A guide for parents and carers

It is important for young people to stay both connected and safe online. Remember to make use of parental controls and to talk with your children.

Make use of parental controls

If you have downloaded new apps or bought new devices like web cams or tablets, remember to adjust the privacy and security settings to suit you.

There is technology to help you manage the content your children can access:

Government has encouraged Internet Service Providers to help parents easily filter content. Switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home. Parental controls put you in control of what your child can see. Internet Matters has step by step guides on how to set these up: www.internetmatters.org/parental-controls/

If you are concerned or upset about something your child has seen online:

Seek support from the online platform using the report function on the app or website - you can often find these in the 'help' section or 'settings' or seek support from other organisations and helplines.

Reduce the risk. The UK Council for Internet Safety has guidance on minimising children's exposure to risks online: www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers

Talk to your child. Childnet has guidance for parents and carers to begin a conversation about online safety: www.childnet.com/parents-and-carers

Ditch the Label (www.dtled.org) has teacher resources that can also be helpful for parents to discuss cyberbullying and the Government also has helpful advice: www.gov.uk/government/publications/preventing-and-tackling-bullying

Encourage your child to speak to you or a trusted adult if they come across content that makes them uncomfortable.

If you have concerns about specific serious harms, the following guidance outlines how to protect your child from child sexual abuse online, 'sexting' or radicalising, pornographic or suicide content: www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online

Other useful websites

Think U Know - education programme which protects children both online and offline: www.thinkuknow.co.uk
Childline - bullying, abuse, safety & the Law: www.childline.org.uk/info-advice/bullying-abuse-safety
NSPCC - online safety: www.nspcc.org.uk/keeping-children-safe/online-safety
PACE - understanding risks of child sexual exploitation: www.paceuk.info/for-parents/advice-centre/understanding-online-risks
Parent Info - help & advice for families in a digital world: www.parentinfo.org

If you are concerned about your child's online activity and would like to discuss this please email: Julie Ferman (Senior Lead for Student Wellbeing) j.ferman@wsfc.ac.uk

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