



# Parental Guide to Online Safety



Below are four simple steps you can follow to make talking online safety with your child a breeze!

1. **Talk** to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen.
2. **Explore** your child's online activities together. Understand why they like playing certain games and make sure they know what they can do to keep themselves safe.
3. **Agree** your own rules as a family when using sites, apps and games.
4. **Manage** your technology and use the settings available to keep your child safe.

## Useful Websites to Help with Parental Online Safety

If you are a parent or carer, please click on the link below to find some useful information for supporting your children at home.

<https://www.ceop.police.uk/Safety-Centre>

The Child Exploitation and Online Protection Centre is part of the police force and provides news and articles surrounding internet safety.

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

Thinkuknow provides guidance on internet safety and safe surfing for young people and their parents/ carers.

The NSPCC and O2 website gives valuable information regarding social media and helps you to understanding the different apps that your child may be using.

**We promote online safety throughout our curriculum in school and will be looking to hold parent sessions about how to know what your child is doing online.**