

Online Safety Tips for Parents and Carers

As a parent or carer you play a key role in helping your child to stay safe online. Here are some useful tips and resources to help your child to use the internet safely, responsibly and positively.



Personal information

Children can put themselves at risk by sharing too much information with people online. Children need to be aware of the risks from sharing personal details, such as their telephone number, home address, school or location. Regularly remind your child to keep personal information safe and not to share it with strangers.



Age-appropriate content

Some online content is unsuitable for children and may be hurtful or harmful. This includes content available on websites, online games, blogs and social media channels. Parents and carers can change the privacy settings on their child's devices to customise the type of information that they can access.



Downloading content illegally

Sometime children may be unaware of the consequences of accessing music, movies and TV content through illegitimate sources. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission. Remind your child to only use reliable online service providers for music, film and TV content.



Bullying

Online bullying is unfortunately a growing problem for young people. Talk to your child that they should inform you if someone, or something, is making them upset or worried, or if they know that one of their friends is being bullied online.

Grooming

Children can be contacted by people who wish to groom and abuse them. It is important to regularly remind children that new friends made online may not be who they say they are and are still strangers. Regularly reviewing the friend lists on your child's phone and removing unwanted contacts can be a useful exercise for many parents. Tell your child never to arrange to meet somebody they do not know and explain the risks.



If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk). If your child is the victim of cyberbullying, this can also be reported online and offline.

Commercial Exploitation

Children can be unaware of the hidden costs and advertising content that appears in apps, games and websites, which can lead to them inadvertently spending money online. It is possible to block both pop-ups and spam emails and turn off the in-app purchasing options on their devices.



For further information about internet child safety, there are useful online resources available from:



www.childnet.com/resources/supporting-young-people-online



www.internetmatters.org



www.nspcc.org.uk/onlinesafety



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