



# STAY JUST FINE ONLINE...

quick tips for parents for keeping kids safe online

## 1. Chat about it

Talking openly about why keeping safe online is important as well as talking about any risks. It can help to show an interest in what your child or teenager does with their time online. Are they talented at TikToks or Insta influencers? Finding out will help you know what they're using online and help you protect them from any dangers and create an open conversation.



## 2. Set up parental controls

Internet providers should offer you the option of setting some parental controls over what your child can access online. It can help to prevent age inappropriate content from being shown. The **UK Safer Internet Centre** has advice on how to set these up plus plenty of other advice too [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## 3. Stay in the know

We know digital and online platforms change all the time especially social media, it can be difficult to keep up with the latest social trends and apps. By staying ahead of any social media trends you can talk to your child about any possible dangers to look out for. Check out [www.net-aware.org.uk](http://www.net-aware.org.uk) for information on the latest apps, social networks and online games.



## 4. Digital detox

Children (and even adults!) are now spending even more time online as part of doing their school work at home plus using social media or online games. Too much screen time isn't always best. One way to help limit screen time is to agree times with your kids when they won't be going online and encourage them to do other activities instead.

## 5. Report concerns

If you're concerned about something you've seen or your child has seen online, know where and how to report it. You can report it to the police via the **Child Exploitation and Online Protection Centre** [www.ceop.police.uk](http://www.ceop.police.uk)

