



Online safety at home: 15.10.2021

parents and carers newsletter



Young people are spending more time online doing their school work, playing games or watching videos. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However, it's important we always consider how we can support young people's online safety. Here's some information about what your young person may enjoy online and what you can do to help keep them safer:

Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for young people to have fun and stay in touch with friends and family. It's really important your young person knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Watching videos

Young people love to watch videos and YouTube is always a firm favourite! But sometimes young people can be exposed to videos that are not meant for them. [YouTube Kids](#) is a safer way for young people to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, young people should be supervised at all times when online.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parent's website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.