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:

Online gaming

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your young person is gaming, you may have some questions about how to keep them safer. If so, check out - gaming: what parents need to know.

For a guide on the apps, sites and games your child might enjoy, visit: Net Aware.

Sharing Information

Personal information is any information that can be used to identify your young person. It could be age, name, address.

Sharing personal information online is easy and sometimes children, like adults, might share more online than they would offline, which can be risky.

Read your child's personal information and how to protect it online for

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

Make sure they know where to go for support: Remind your young person they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: Supporting your child with reporting unwanted content online

Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The Jessie & Friends animations for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the Play Like Share animations and the Band Runner game and advice website

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog