



Online safety at home:

Parents and Carers Newsletter

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With the majority of children still learning from home, they will be 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 all consider how we can support children's online safety during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Sharing Information

It's harder to stay connected with our friends and family right now, so you may be sharing more images and videos of our children online via social media. But before you do, there are some important things to consider.

Read [sharing pictures of your children](#) for info on how to protect your younger, or older child whilst staying social.

Personal Information

Personal information is any information that can be used to identify your child. 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 information and advice.

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 [parents 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

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](#).

Make sure they know where to go for support: Remind your child 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](#)

Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

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