



Online safety at home:

Parents and Carers Newsletter

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2021

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:

Online Gaming

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child 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](#).

Online Friendships

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

To help children have positive online friendships, read this [handy guide](#).

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

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.

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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.

Visit [Thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents) for more information on keeping your child safer online.

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