

TOP TIPS FOR PARENTS



Top Tips Parents and carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

■ Inspire change by modelling how to be safe online

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology, and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer back to later and adapt as your child and your family's internet use changes.

▲ Make a difference by having regular discussions about the online world

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life. Not sure where to begin? Use the tips and conversations starters in our "Let's Talk About Life Online" resource.

● Manage influence by researching the content and games your child enjoys the most

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing. Our 'Parents and Carers Resource Sheet' is a great tool that you can use to research any websites, apps and games and find out more about specific content.

◆ Navigate change by knowing where to go for further support

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as 'Report Harmful Content', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.

TOP TIPS FOR CHILDREN



Top Tips for 7-11s

The internet can be a great place to have fun, play and chat with others and learn new things. Have a look at these tips which will help you stay safe and positive online:

■ **Inspire change by talking about what you do online with people you know**

If you find something that you love doing on the internet, let your friends and family know! You can tell them about it and they might enjoy it too! If you come across something on the internet that worries or upsets you, tell a trusted adult and they can help you to block or report it if needed.

▲ **Make a difference by being kind online**

It can be fun to play and chat with others online, but always think about how your actions and words can make others feel. Make sure to consider the feelings of others before you post and see if you can challenge yourself to make someone smile!

● **Manage influence by using different sources**

When you are looking at things online, make sure you are looking at a range of sources, like different websites, videos and apps. This will help give you a balanced view and help you to recognise different people's opinions. If we compare different people's views, we can learn more and form our own ideas.

◆ **Navigate change by talking to an adult**

Talk about who children can and cannot trust on the internet.

Change online can be great if there's new games or videos you like to watch but it can sometimes feel worrying. If something has changed online and it is making you feel worried, upset or confused, tell a trusted adult who will be able to help you make your online experience more positive!