

PARENT ONLINE SAFETY

Helping our children explore online safely, confidently and responsibly.



KEY TAKEAWAYS



TALK OFTEN

Keep conversations open, ask questions and really listen.



STAY INVOLVED

Know what your child is doing online and who they are talking to.



SET BOUNDARIES

Clear routines, time limits and rules help children stay safe.



USE TOOLS WISELY

Use parental controls, privacy settings and safety features.



WE'RE IN IT TOGETHER

You don't have to be perfect – openness, support and safety matter most.



REMEMBER

Children are far more likely to tell an adult if they believe they will be listened to and supported.

THE 4Cs OF ONLINE SAFETY

Understanding the main areas of risk helps us keep children safer.



CONTENT

Things children see online

- Violent or disturbing material
- Misinformation
- Inappropriate videos
- Harmful trends



CONTACT

Interactions with people online

- Grooming
- Strangers contacting children
- Cyberbullying



CONDUCT

How children behave online

- Sharing images or videos
- Comments and messages
- Digital footprint



COMMERCE

Financial risks online

- In-game spending
- Loot boxes
- Scams and phishing



OUR 3P APPROACH

PREVENT

Use settings, filters, private profiles and antivirus to reduce risks.



PROTECT

Talk with children about how to stay safe and what to do if unsure.



REPORT

Encourage reporting, blocking and telling a trusted adult.

PRACTICAL STEPS YOU CAN TAKE



TALK REGULARLY

- Ask open questions
- Keep calm and curious
- Avoid blame or judgement



SET BOUNDARIES

- Screen time limits
- Devices in shared spaces
- Screen-free times (e.g. meals, bedtime)
- Check apps before download



USE PARENTAL CONTROLS

- Enable privacy settings
- Use family pairing features
- Review and update settings regularly



GAMING SAFETY

- Turn off open chat
- Use age ratings
- Check friends lists
- Limit in-game spending



SOCIAL MEDIA SAFETY

- Set accounts to private
- Disable direct messaging
- Teach STOP, SCREENSHOT, TELL



NEW RISKS ONLINE

- AI-generated content, deepfakes
- Not everything online is real
- Encourage children to question what they see



WE'RE NOT AIMING FOR PERFECTION

We're aiming for openness, support and safety.



SIGNS YOUR CHILD MAY NEED SUPPORT



- Becoming secretive online
- Changes in mood
- Withdrawal from family or friends
- Sleep difficulties
- Anxiety after using devices
- Upset when messages arrive
- Obsession with likes or followers

WHAT TO DO IF SOMETHING GOES WRONG



STAY CALM

Your reaction really matters.



LISTEN

Let your child talk without interrupting.



REASSURE

They are not in trouble. You will help.



REPORT

Report, block and get help if needed.

WHERE TO GET HELP



SCHOOL SAFEGUARDING TEAM

Speak to a member of staff you trust.



NSPCC

0808 800 5000 | nspcc.org.uk
Help and advice for parents and children.



CEOP (Child Exploitation and Online Protection)

ceop.police.uk/safety-centre
Report online abuse or grooming.



INTERNET MATTERS

internetmatters.org
Practical online safety advice.



Let's work together to help our children enjoy the online world safely.



We are here to support you.



Thank you for coming today.