Online safety
Workshop factsheet

Key risks

- Who they're **talking** to
  - This includes grooming and cyberbullying

- What they're **seeing**
  - Innocent searches can lead to not so innocent results
  - Children are often a few clicks away from inappropriate/harmful content

- What they're **'oversharing'**
  - Personal information, location and nude images/videos
  - Remember that when young people share online, it may never be fully private

Signs of online abuse

- **Children may not know what's happening to them**, so the signs may not always be obvious

- **Sudden, unexplained changes** are usually an indication that something's wrong

- Consider what's **age-appropriate** for your child

A child's experience online

- **Remember to focus on what your children are doing online**, not how long they spend online

- The apps and games they're using can be **multi-use** and the risks can lie in these features, eg a game can have chat features and chat apps can have games

- **The things children like to do offline are the same as online,** and the same can be applied in keeping them safe

Top tips for staying safe online

- **Talk with your child** about online safety

- **Explore their favourite apps, sites and games,** and look at the safety features, together

- Make **going online a family activity** where you support each other

Practical advice

- Keeping **younger children** safe online:
  - Supervise what they're doing
  - Check games and videos before they watch and play
  - Turn off autoplay settings
  - Put safety settings on their apps and games
  - Agree rules and boundaries together using the O2 NSPCC family agreement

- Keeping **older children** safe online
  - Ask them what they like to use online and set these things up safely together
  - Use the latest app challenges, like TikTok dances, as a chance to explore together
  - Watch the Childline's YouTube channel films
  - Be realistic with rules, setting ones which you could follow as well
  - Remind them where they can go for support if something worries or upsets them

Getting support for you and your child

- Share **knowledge** with other parents/carers
  - What apps and games young people use

- Share **tips**
  - How do other parents keep their child safe online?

- Share **supervision**
  - Take turns supervising and supporting your child and their friends when they're online, just like you would if they were at each other's houses

Top tips for talking with your child:

1. Always **start with the positives**. Ask your child to show you what they like doing online as this will show your child that you care about what they enjoy and don't always focus on the risks

2. Make sure **they know the basics** to stay safe online, eg how to **report and block**

3. **Explore apps and games together** so you understand the apps they like to use and can make them safe to use, together

4. Remind them **they can always come to you or Childline** for support about anything

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR