

# Supporting young people online

Information and advice  
for parents  
and carers

Do you have any worries or concerns  
about your child's internet activity?  
Do you need some help to better understand  
what to look out for to make sure your  
children are safe online?

These websites are full of really useful information:

Internet Matters <https://www.internetmatters.org/>

Childnet <https://www.childnet.com/resources/>

NSPCC Net Aware <https://www.net-aware.org.uk/>

Think U Know <https://www.thinkuknow.co.uk/>

UK Safer Internet Centre <https://www.saferinternet.org.uk/>

Cyber Streetwise <https://www.ncsc.gov.uk/cyberaware>

CEOP — for advice on making a report about online  
abuse <https://www.ceop.police.uk/safety-centre/>

The Definitive Guide to Online Gaming and Privacy  
(are you at risk?) <https://onlinegamingprivacy.org/>



## The 4 C's

The different risks your children may face when accessing the internet and how you can help them.

**Contact:** It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). If your child is bullied online, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

**Content:** Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

**Conduct:** Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Encourage your child to be respectful and responsible when communicating with others online, and to consider how what they share may reflect on them. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.

**Commercialism:** Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within apps. Encourage your child to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms. Make your child aware of scams that may seek to gain access to their accounts, and advise them to be wary in following links or opening attachments in emails that appear to be from organisations such as banks and service providers.





# BE SMART ONLINE



Following the SMART code of conduct is a great set of rules to live by when accessing the internet!

For even more information on supporting and guiding your children's access of the internet, the link below will take you to a fantastic resource provided by our Online Platform Provider Purple Mash

<https://www.meadowsfirst.co.uk/documents/1587637567.pdf>



## BE SMART WITH A HEART

Take the digital friendships quiz at [www.saferinternet.org.uk/digital-friendships-quiz](http://www.saferinternet.org.uk/digital-friendships-quiz) and see how being online affects your friendships.



### IS FOR SAFE

Never give out personal information to strangers on the internet. Personal information includes things like your home address and your birthday.



### IS FOR MEET

Never ever meet up with a stranger you have met online unless a parent or guardian has said it is ok and is present. Never, never, never, never, never.



### IS FOR ACCEPTING

Don't open emails from people you don't know, they could contain viruses. If you get a strange email from a friend and you think they might have a virus make sure you let them know!



### IS FOR RELIABLE

Don't believe everything you read online, check your facts! Did you read it on a reliable website like the BBC? Are other websites saying the same thing? Does it tell you where they got the information from?



### IS FOR TELL

If you have an online safety problem, make sure you tell someone. Tell a parent, guardian, or teacher as soon you can.