



Online safety at home:

Parents and carers newsletter

Part 2

07/05/21

Technology is hugely valuable for everybody, as a way to keep in touch with friends and family, learn and play. However it's important we all consider regularly how we can support children's online safety. Here's some information about what your child may enjoy online and what you can do to help keep them safer.

Chatting, being kind and making friends online

Primary-age children may not have previously had much experience with video chatting apps such as zoom, FaceTime and Skype, but may well be using them a lot recently for education or to keep in touch with family and friends.

To make sure your child has a positive experience video chatting online, read this [guide for parents and carers](#)

The internet has many positive opportunities for children to learn and play, but it can also be used in negative and unkind ways. It's really important to speak to your child about being kind online, and how they can get help if they see or hear anything that makes them feel worried, scared or sad.

Use these [conversation starters](#) to help your child understand the importance of being kind online.

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](#).

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.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

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 [parent's website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.