Online Safety Tips for Parents

How to talk TEAM

net-aware.org have created four simple steps you can follow to make talking online safety a breeze.

Talk to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen. You can use our **conversation starters** to support you when starting these conversations.

Explore your child's online activities together. Understand why they like playing certain games and make sure they know what they can do to keep themselves safe.

Agree your own rules as a family when using sites, apps and games. You can use our **family agreement template** to help you get started.

Manage your technology and use the settings available to keep your child safe. If you need support doing this, you can visit an O2 Guru in-store or call the Advice Line on **0808 800 5002**.

My child has seen inappropriate content – what should I do?

Children might come across inappropriate content online. Innocent searches can sometimes lead to not so innocent results. Or children might look for things because they are curious.

If your child has seen inappropriate content online, you can:

1. **Talk to your child about what they've seen**
   They might have questions or worries that you can answer. It's also a good opportunity to let them know what is, and isn't, appropriate for their age.
2. **Reassure them**
   Tell them you're glad they spoke to you about this and let them know they can come to you, another trusted adult, or **Childline** about something they're concerned about.
3. **Set up parental controls**
   You can find out more about **parental controls** or call our Advice Line on **0808 8005002** for help on specific social networks, apps and games.
4. **Report the content**
   You can report inappropriate content on most apps, sites or games. If you've seen something worrying or illegal you should **report this to CEOP**.

More info can be found at: https://www.net-aware.org.uk/tips-and-advice/