

# E-Safety Support for parents and carers to keep children safe online

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, it is wise for many parents to be aware of the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

## **Keep your child safe online**

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

These resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [thinkuknow.co.uk](http://thinkuknow.co.uk) by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online
- If young people see something criminal online (or offline) they can report it 100% anonymously at [fearless.org](http://fearless.org)
- [childnet.com](http://childnet.com) has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online
- [parentinfo.org](http://parentinfo.org) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- [nspcc.org.uk/keeping-children-safe/online-safety](http://nspcc.org.uk/keeping-children-safe/online-safety) has guidance for parents and carers to help keep children safe online
- [saferinternet.org.uk](http://saferinternet.org.uk) provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the UK Safer Internet Centre

## **What harms might my child experience online?**

You may have concerns about specific harms which children can experience online. There are more resources on the government website below to help you understand and protect your child from different harms online, including:

- child sexual abuse

- exposure to radicalising content
- youth-produced sexual imagery ('sexting')
- cyberbullying
- exposure to age-inappropriate content, such as pornography
- exposure to harmful content, such as suicide content

Please do check [gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online](https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online) if you have any concerns regarding your child's safety in connection with any of the above issues.

### **Age-inappropriate content and parental controls**

If you have downloaded new apps or bought new technology to help stay connected at this time, remember to review and adjust privacy and safety settings if you or your child is signing up to a new online service.

[internetmatters.org](https://www.internetmatters.org) has provided step-by-step guides on how to set up parental controls so that you can control what content your child can access online.

[saferinternet.org.uk](https://www.saferinternet.org.uk) has developed guidance on how to switch on family friendly filters to prevent age-inappropriate content being accessed on devices in your home.

The [nspcc.org.uk](https://www.nspcc.org.uk) provides more information for parents or carers with concerns about their child seeking inappropriate or explicit content online.