



Strangers on the internet



Bullying on  
social networks



# Helping your child to 'Stay Safe Online'

Parents often ask us for advice about keeping their child safe online.  
To help, we have written this guide for you and your child.



Protect your devices



Using the internet together

Read this leaflet through with your child. If you are unsure about anything mentioned in this leaflet, or if you have any other questions about online safety, please let us know and we will help.



## Strangers on the internet

Tell your child to treat people on the internet the same way that they would treat strangers that they meet in real life. They may not be who they say they are and they aren't a real friend. Your child should not share photos or any personal information such as their address or phone number. Also remind your child that anything they post on the internet can be there forever. So ask them to think carefully before they write anything or upload any images.

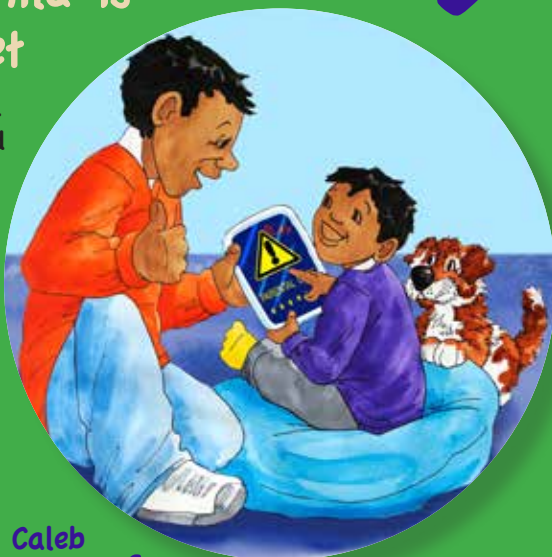
Kara's mum tells her that it is not safe to talk to someone she doesn't know on the internet.



## Watch what your child is doing on the internet

Make sure that you have set parental controls on any device that your child has access to. Set up some favourite websites for them to help guide their choices. Check their internet history to see what they are looking at. Encourage them to use their devices somewhere where you can monitor what they are doing. Also limit the time that they spend online, and make sure that their devices are switched off at bed-time.

Caleb's dad has made sure that Caleb can only see things that are safe for him on his device.



## Bullying on social networks

It is important that your child feels safe wherever they are, which is why bullying on social networks is so destructive. Talk to your child about this and encourage them to let you or another adult know if anyone is being unkind to them online, or asking them to do anything they are not comfortable with. Talk to them about the impact on victims of cyber-bullying, so that they will report any cyber-bullying that they witness.

Daisy is sad because someone from school has sent her an unkind message. She tells her dad who says he will speak to her school. He reassures her that everything will be OK.



## Protect your devices

Make sure that all of your devices are protected with anti-virus software. Also talk to your child about computer viruses so that they are careful about any sites they visit, and about opening email attachments from people that they don't know. Also remember that children can be targets of scams or phishing, so talk to your child about the risks. Ensure that any passwords they have set up are hard to guess. Include a mixture of upper and lower case letters, numerals and special characters.

Daisy has opened an attachment on an email by mistake and she thinks she now has a virus on her laptop. She tells her mum straightaway so her mum can get the problem sorted out.







## Upsetting online content

Talk to your child about what to do if they see something upsetting online. Tell them to shut the device down and speak to a grown-up straightaway. Help by encouraging your child to use devices in a busy part of the house so you can see what they are looking at.

Caleb has seen something frightening online. He calls out to his mum and shuts the device down. His mum talks to him about what he has seen and makes him feel better.



## Using the internet together

The internet can open up the world for you and your child, and it is full of things for you to discover together. It is also a great source of entertainment and games for you to share with your child.

Kara has shown her mum how to play a new game. They are having lots of fun playing and spending time together.



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