

Talking about online safety



It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- ask them if they're worried about anything, and let them know they can come to you.
- ask them about their friends online and how they know they are who they say they are.
- listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
- ask your child what they think's okay for children of different ages so they feel involved in the decision making.

Tips to keep your child safe

1. Talk to your child

[Talk to them](#) about what they're doing online and how they can stay safe. Let them know they can come to you, or another adult they trust if they're feeling worried or upset by anything they've seen online. They can also get support from [Childline](#).

2. Explore apps and sites together

Explore what your child likes to do online together. This can help you to understand why they're using certain [livestreaming or video apps](#). You can use [Net Aware](#) to help you.

3. Agree what's appropriate together

Agree your own rules as a family when using apps, sites or games. You can use our [family agreement template](#) to help get you started.

3. Check your settings

Check the technology your family uses and use privacy and location settings to keep your child safe. You can call our 02 NSPCC Advice Line for support on [0808 800 5002](#).

Please go to <https://www.carnforthschool.org/e-safety/> for more information on staying safe online.