Online safety at home:
parents and carers newsletter
PC 5504 Mike Dix, Safer Schools,
Thames Valley Police   2021

With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep young people safer online during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect them, watch this short video: In-game chat: a guide for parents and carers .

Online gaming

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read Gaming: what's appropriate for your child

Online gaming

Gaming is popular with both children and adults and can help to cure that lockdown boredom!

If your child is gaming, you may have some questions about how to keep them safer. If so, check out - gaming: what parents need to know.

For a guide on the apps, sites and games your child might enjoy, visit: Net Aware.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read having a conversation with your child.

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit Parental Controls & Privacy Settings Guides - Internet Matters.

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at
https://www.ceop.police.uk/safety-centre/
and get support from a specialist Child Protection Advisor.