Online safety at home:
Parents and Carers Newsletter
PC 5504 Mike Dix,
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:

Social Media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them. For advice and guidance, read Is your child ready for social media?

Remember, most social media services require users to be at least 13 years of age before they can register.

Social Media

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read Teens and the sexual content on social media.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their parents website and download their home activity worksheets for fun, online safety activities to do with your family.

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.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they wont be in trouble at that you are there to help. For a breakdown of report services, visit:
Supporting your child with reporting unwanted content online

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.