



TALKING TO YOUR CHILD

about

STAYING SAFE ONLINE



FINDING THE BALANCE

Helping children stay safe online is not about control, it's about presence, connection and guidance.

We need to build strong relationships, have open conversations and set clear boundaries to keep children safe online.



BASICS - ONLINE SAFETY FOUNDATIONS

PRIVACY & DEVICE SETTINGS

- Check privacy settings on devices, home internet hubs and apps
- Use parental monitoring where helpful
- Set apps to require parental approval before download

SCREEN TIME & DEVICE ROUTINES

- Agree boundaries around:
 - When screens are used
 - Where devices are kept overnight
 - Where devices are charged
- Model healthy screen use - children notice what we do
- Protect screen-free spaces like mealtimes and family time



PERSONAL INFORMATION & GAMING

- Use nicknames online
- Never share personal details, locations, school names or photos
- Be mindful of features like Snapchat Maps

For more details on conversations, settings and apps:

- Ask the awkward: www.ceopeducation.co.uk
- UK Safer Internet Centre: www.saferinternet.org.uk
- NSPCC: www.nspcc.org.uk



CYBERBULLYING AWARENESS

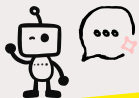
- Stay curious about what you hear in their chats and games
- Talk about how words online can impact others
- Encourage empathy and reflection

AGE-APPROPRIATE CONTENT

- Avoid using fake ages to access apps
- Age limits exist for a reason – they reflect emotional and content readiness

KNOWING YOUR APPS

- Research apps before allowing downloads
- Use built-in family tools:
 - Snapchat Family Centre
 - TikTok Family Pairing
- Regularly review friend lists and followers
- Reinforce:
 - Never share naked images
 - Never forward indecent images
 - If images are found online and can't be removed, the Internet Watch Foundation (IWF) can help



ARTIFICIAL INTELLIGENCE

- AI can create realistic images using as few as 20 photos
- Be mindful of what you share online about your child
- Creating memes to tease others is online bullying
- Campaigns now warn against “sharenting” – oversharing children’s personal lives online can increase risks including stalking, identity theft and long-term digital footprints



For more details on cyberbullying, exploitation and reporting:

- Internet Watch foundation: www.iwf.org.uk
- Think you know: www.ceopeducation.co.uk/parents
- Cyber and Fraud: www.cyberfraudhub.org

