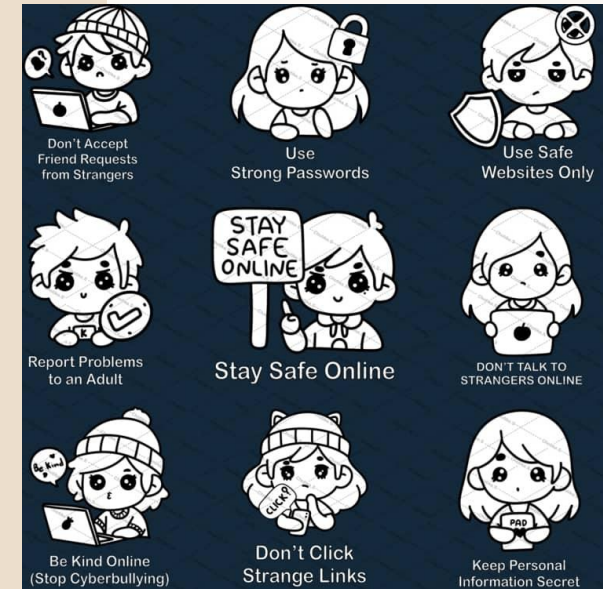


Digital Safety

Key takeaways for parents & carers

- ✓ **Keep the conversation open** – Regularly talk to your child about their online life and encourage them to come to you if something worries them.
- ✓ **Know who they're talking to** – Take an interest in the apps, games and social media platforms they use and who they interact with.
- ✓ **Remind them that online friends are still strangers** – Children should never share personal information or arrange to meet someone they only know online.
- ✓ **Encourage safe meet-ups with friends** – When out and about, children should stay with trusted groups of friends and let someone know where they are.
- ✓ **Teach them to trust their instincts** – If a situation or person makes them feel uncomfortable, they should move away and seek help from a trusted adult.
- ✓ **Be wary of strangers in the community** – Children should know that they do not have to engage with strangers and should always prioritise their safety.
- ✓ **Work together to keep them safe** – Online safety and personal safety go hand in hand, and by staying informed and involved, families can help children enjoy a safe and happy summer.



♥ Promoting digital safety and positive online behaviours to help children and young people stay safe this summer.

Digital safety

Things you can say to your child:

- ✓ "You can always talk to me, no matter what has happened."
- ✓ "People online aren't always who they say they are, so never share personal information or arrange to meet someone without telling an adult."
- ✓ "If something or someone makes you feel uncomfortable, trust your instincts and walk away."
- ✓ "When you're out with friends, stick together and let me know where you are and when you'll be home."
- ✓ "You never have to reply to someone just because they message you – it's okay to block, ignore or ask for help."
- ✓ "Your safety is more important than being polite. If a stranger approaches you and you feel uneasy, move to a safe place and find a trusted adult."



♥ Promoting digital safety and positive online behaviours to help children and young people stay safe this summer.

Academic year



Trusted support links

For further advice and support:

Thinkuknow – <https://www.thinkuknow.co.uk>

NSPCC – <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Internet Matters – <https://www.internetmatters.org>

Childline – <https://www.childline.org.uk>

CEOP (Child Exploitation and Online Protection Command) – <https://www.ceop.police.uk>

