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## Support for parents and carers to keep children safe online

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, the government recognises many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

## Keep your child safe online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

These resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- <u>Thinkuknow</u> by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online
- <u>Childnet</u> has developed <u>guidance for parents and carers</u> to begin a conversation about online safety, as well as <u>guidance on keeping under-fives safe online</u>
- <u>Parent Info</u> is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- NSPCC has guidance for parents and carers to help keep children safe online
- <u>UK Safer Internet Centre</u> provides tips and advice for parents and carers to keep children safe online - you can also <u>report any harmful content found online through the UK Safer</u> <u>Internet Centre</u>

The BBC have a website and app called <u>Own It</u>. The website has a lot of content which will provide a helping hand to your child when they receive their first smartphone, supporting their digital wellbeing, showing them how to make smarter and better informed choices and helping them grow into confident, positive and happy digital citizens.

In addition, the app presents a range of content and features designed to help your child get the most of their time online, and help them to develop healthy online habits and behaviours, and encourages your child to have conversations with you when they are feeling sad or worried.

<u>SafeToNet</u> is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy. The SafeToNet Foundation is providing UK families with free access to 1 million licences during coronavirus.