

A brief guide to keeping your child safe online.

Welcome back and we hope you've had a wonderful Summer

In addition to the weekly posts giving guidance on staying safe online, this first issue back after the summer holidays will hopefully help kick start further discussions and points on what to look out for when on the internet.

SHARING IMAGES ONLINE



There are more apps than ever before asking for children to share images online. In 2021 the NCA stated that 42% of parents in the UK share pictures of their children online. However do you know the dangers that this can pose? Are you aware of who you are sharing these images

with? Every photo of a child contributes to their digital footprint, and this permanent online choice of images being shared could have a detrimental affect on their future. This could include embarrassing photos that might affect their emotional wellbeing as they grow up, or influence the job prospects they may have as they leave school.

Hints and Tips

- Have open and honest conversations— discuss what type of images you share online? Is there anything you wouldn't share and why?
- What advice would you give to someone if they were sharing images of other people online without asking for permission?
- Are there apps that you or your child uses that allow image or file sharing? Do you know where the report feature is in these apps if you feel unsafe online?



ASK THE AWKWARD QUESTION

Take steps in supporting your child to be safer online. Ask questions and discuss with your child what they access when they use the internet either through their mobile devices or gaming.

**YOU CAN'T
ASK THAT**

Explore this together — Ask your child what their favourite websites and apps are. Show interest and encourage them to teach you about them so that you understand what they are all about.



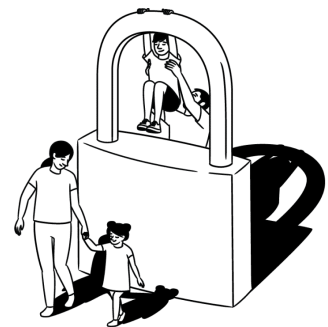
Discuss online safety little and often —

Do they understand the dangers of talking to people they don't know online? What about the dangers of posting images or sharing information? Do they know who they can talk to if they are worried?

Be non-judgmental — Be calm, show support. You may not have had access to the internet or the same applications growing up and this is all new to everyone. Mistakes can and will happen. Grow together in your understanding on being safe online.



Parental controls — Do you know where the parental controls are at home in relation to your home broadband and any internet enabled devices. Find out more about these on your internet providers website.



Please keep an eye out each week for our online safety guides. Stay safe and look after each other!