

# Parents

Protecting your children online

Made with  
resources from:



# Inappropriate video content

- They may, accidentally, see something not intended for them
- They can be exposed to unsuitable videos through a link they've found or been sent, or an app they've downloaded
- They are curious and they may go looking for content



# What are the risks of online gaming?

- Chatting with people they don't know
- Inappropriate or unmoderated chat
- Requests to chat in private
- Offering gifts or trades



# The risks of social media

- Inappropriate content
- Inappropriate behaviour
- Over-sharing
- Making friends with people they don't know





What can you do?



# What can you do?

- *Make sure they are ready.*
- *Be a great role model.*
- *Get involved and support them.*
- *Talking about safe social media use.*



# Chat - little and often

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



# Report anything that worries them

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them





# Take some practical steps

- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information



# Digital Toolkit

<https://www.internetmatters.org/digital-family-toolkit/>

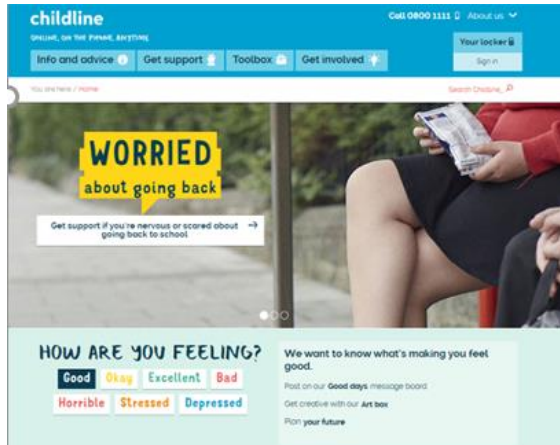
## My Family's Digital Toolkit

Answer some simple questions about your family and get a personalised  
online safety toolkit

GET YOUR TOOLKIT

FIND OUT MORE →

# Where can you get advice and support?



# CEOP - reporting sexual abuse

Reporting to NCA-CEOP - [www.ceop.police.uk](http://www.ceop.police.uk)



The screenshot shows the CEOP website header with the logo and the text "Child Exploitation and Online Protection command". A dark blue bar contains the text "If you need to hide this site quickly, just click here" and a red "Quick exit" button with a person icon. The main content area features a large heading: "Are you worried about online sexual abuse or the way someone has been communicating with you online?". Below this is a sub-heading: "Make a report to one of CEOP's Child Protection Advisors". Three columns of text provide information: "Should I make a report to CEOP?", "What happens when I make a report?", and "How can CEOP help me?". Each column includes a brief description and a link icon. The bottom of the page has a blue decorative background with icons of a computer, gears, a pencil, and speech bubbles.

**CEOP**  
A National Crime Agency command

Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here

**Quick exit**

## Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

**Should I make a report to CEOP? →**  
If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

**What happens when I make a report? →**  
One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

**How can CEOP help me? →**  
Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



# Recap

- Talk to your child about their life online
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have
- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them
- Create a family agreement and regularly review
- Use parental controls
- Direct your child to age appropriate information

