

Keeping Your Child Safe Online

January 2026



For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet so for them there isn't a difference; online life and offline life is just life. The most important thing you can do is talk to your children about what they do online and how they can stay safe.



Talk to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen.

Explore your child's online activities together. Understand why they like playing certain games and make sure they know what they can do to keep themselves safe.



Agree your own rules as a family when using sites, apps and games. You can use the [family agreement template](#) to help you get started.

Manage your technology and use the settings available to keep your child safe. Use [the reviews](#) to explore the games that your children are playing. Remember that the games have age and content ratings.



Encourage your children to take **breaks** and how long they're online, in balance with other activities.

The NSPCC are offering a Techosaurus Activity pack for families with young children. Please click [here](#) to order yours. They do ask for a small donation, however there are also lots of free resources on the NSPCC site too.

Game Ratings

Here are some popular apps that your children may be talking about or even using. Please note that lots of these apps have age ratings and are not always suitable for them. Some of the apps can be set-up under a 'child setting' but should still be used with a parent nearby.

It is important that you know how to keep your child safe when online, please find guidance on the school website. More information on current apps and how to set parental controls can also be found at <https://gamesratingauthority.org.uk/RatingBoard/parents>



PEGI has altered their rating from PEGI 7 to Parental Guidance because of the amount of user-generated content.



13+



13+