Keeping Your Child Safe Online
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For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and 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 also have some helpful ideas that you can follow to make talking online safety a part of your family conversation. https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides