



Keeping your child safe online.

Whilst there are huge benefits to being online in order to stay connected to family and friends, complete home learning and play games during this period, we recognise 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.

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:

- [Thinkuknow](#) 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
- [Childnet](#) has developed guidance for [parents and carers](#) to begin a conversation about online safety, as well as guidance on keeping under-fives safe online
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the [UK Safer Internet Centre](#)

Gaming

Being aware if your child is playing games, or over using screen time is something to be vigilant to. Children can become dependent on gaming and whilst at home during this time, excess use of computers or screens can be putting strain on your child and your family.

- Be clear on the allowance of time they are allowed on the screen/ device
- Turn off all devices 1-2 hours before bedtime
- Know what games they are playing