

Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.
This Safer Internet Day make space for….

Make space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

Top tips for parents of under 7s

These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!
This Safer Internet Day make space for…

Make space for enjoying time online together

Play games, watch videos, and learn new skills with your child. Share what you are doing online and talk about what they like doing online. Show your child how great a space the internet can be and all of the ways you can use it as a family.

Make space for talking about the online world from an early age

Show your children the amazing things they can do on the internet, before they begin to use it independently. The earlier you talk about the online world together, the easier these conversations become as they grow up.

Make space for using the internet to build key skills

Why not find fun and educational games to play together, or watch videos about topics your child is interested in? The internet is a great space to practice key online safety skills like keeping your personal information safe and asking for help when you need it.

Make space for setting clear boundaries about tech use

Establish expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It might be no tech at dinner, blocks on certain sites, or only using devices when there is an adult in the room. Discuss these with your family, and review and adapt them as time passes and their internet usage changes.

Make space for familiarising yourself with safety tools

There are loads of amazing tools and organisations to support you in keeping your child safe online. Explore the different privacy settings and parental controls available to you, and know how to report inappropriate content. These can all help make the internet a safer place for your children.

Make space for conversations about what to do if something goes wrong

Reassure your child that they can always come to you if something makes them feel uncomfortable or upset while they are online. You may also like to talk to your children about putting devices down, turning them over, or pausing content if they see something they don't like.