

### 8 steps to support your child to be safer online

- 1. Explore together.** Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
- 2. Chat about online safety little and often.** Talk to them about how to stay safe on new services, and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.
- 3. Help your child identify trusted adults who can help them if they are worried.** This includes you and other adults at home, as well as adults from wider family, school or other support services. Encourage them to write a list of their trusted adults.
- 4. Be non-judgemental.** Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
- 5. Talk about how their online actions can affect others.** As your child engages with others online, remind them to consider how someone else might feel before they post or share. If they are considering sharing a photo/video of somebody else, they should always ask permission first.
- 6. Parental controls.** Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.
- 7. Direct your child to age appropriate information about relationships and sex.** It's natural for young people to look for info on relationships and sex online. It's important to understand this and talk to your child in a positive way. *CEOP Education, Brook* and *The Mix* provide age appropriate information you can signpost your child to.
- 8. Make sure they know about CEOP.** Young people can report a concern about grooming or sexual abuse to CEOP at [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)

# Helpsheet

## *parents and carers: secondary*



Education from  
the National  
Crime Agency

### Support your child with CEOP Education resources

The CEOP Education 11-18s website. [www.thinkuknow.co.uk/11\\_18/](http://www.thinkuknow.co.uk/11_18/) is a great resource for children and young people to explore a range of online safety topics. Our 11-18s website offers advice articles and signposts clear ways to access help and support across 7 key categories:

- Relationships
- Socialising online
- Nudes
- Sex and sexual content online
- Sexual abuse
- Support
- Online safety

**#AskTheAwkward.** As young people form and maintain relationships online, they need regular conversations with you to support them to have positive experiences and be safer. #AskTheAwkward provides three films, an introduction to asking the awkward and help sheets to get the conversation started. Find the resource here: [www.thinkuknow.co.uk/parents/ask-the-awkward/](http://www.thinkuknow.co.uk/parents/ask-the-awkward/)

### Other recommended resources

**Brook.** Information and advice for young people on sexual health and wellbeing, including staying safe online. [www.brook.org.uk](http://www.brook.org.uk)

**The Mix.** Support service for young people with information and advice on sex and relationships. [www.themix.org.uk](http://www.themix.org.uk)

**Internet Matters.** A useful tool showing how to set parental controls across a range of devices and websites. [www.internetmatters.org/parental-controls/interactive-guide/](http://www.internetmatters.org/parental-controls/interactive-guide/)

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[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)