

*Online safety at
home*

*Carre's information
for parents and
carers*

February 5 2021





**Safer
Internet
Day 2021** | **Tuesday
9th February**

Together for a better internet

Keeping Safer online

This week in we have been exploring Children's Mental Health Week. The theme for this year is 'Express yourself'. We know that children and young people often express themselves online using social media. So, in this second of four publications for parents we will explore how we are best able to support young people with appropriate use of social media and what do to if concerns are raised. The article outlines how you are able to make informed decisions about your child's use of different social media platforms and explores what do if you needed to report an issue to a social media site. Next week is safer internet week and there seems no better time to keep you updated with how best to support your child as the majority of young people are now learning from home. We know that technology is hugely valuable for education as well as keeping young people connected. However it's important we all consider how we can help keep young people safer online during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer. This week we will be exploring the use of social media.

In future publications we will feature Online Gaming and Live Streaming. We hope you find this a useful and timely resource in the current remote learning environment.

Social Media



- You may be wondering when is the best age to let your child have a social media account or have some concerns if they're already using them. For advice and guidance, read [Is your child ready for social media?](#)
- Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information.

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read [Teens and the sexual content on social media.](#)

Steps you can take to help keep your child safer online: Part 2

- **Parental controls:** Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

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.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents' website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

<https://www.childrensmentalhealthweek.org.uk/>

<https://www.saferinternet.org.uk/safer-internet-day/2021>