

Online safety at
home:

Carre's information
for parents and
carers

January 2021



Keeping Safer online

This is the first of four publications for parents about online safety at home. With the majority of young people now learning from home, they will be spending more time online doing their school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help keep young people safer online during the 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 sharing information, images and videos.

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

Sharing information, images and videos

- Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.
- For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online.

Read this [parents guide to personal information](#) and how to protect it for more information to support your child.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't - don't panic. Read [my child has shared too much online](#) for advice on how to support your child.

Steps you can take to help keep your child safer online

- Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

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.