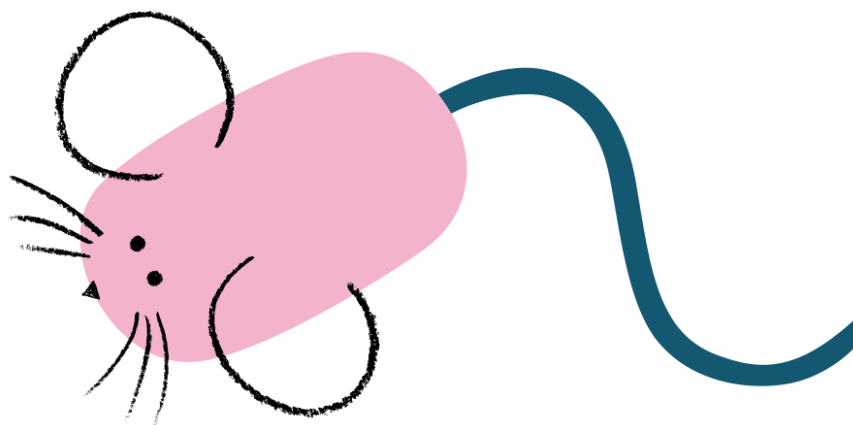


Tips to help keep children safe on the internet and social networks



Talking to your child is one of the best ways to keep them safe. You can also use parental controls on social networks, online games and browsers and on both hardware and software that can filter or monitor what your child can see.

Preventing your children from using the internet or mobile phones won't keep them safe in the long run, so it's important to have conversations that help your child understand how to stay safe and what to do if they ever feel scared or uncomfortable.

[1. Have the conversation early and often](#)

[2. Explore online together](#)

[3. Know who your child is talking to online](#)

[4. Set rules and agree boundaries](#)

[5. Make sure that content is age-appropriate](#)

[6. Use parental controls to filter, restrict, monitor or report content](#)

[7. Check they know how to use privacy settings and reporting tools](#)

Visit the NPCC website for further help and advice

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>