

O₂ 😊 NSPCC

Let's keep kids safe online

A parents' guide to being Share Aware

Helping you to keep your
child safe online

Talk about their online world

We talk to children about crossing the road, bullying and speaking to strangers.

But what about staying safe in the digital world?

Having regular conversations about what your child is doing online - just like you would their day at school - is the best way to keep them safe.

You'll be able to spot any problems, encourage them to come to you if they're worried and make sure they know what's ok to share online - and what's not.

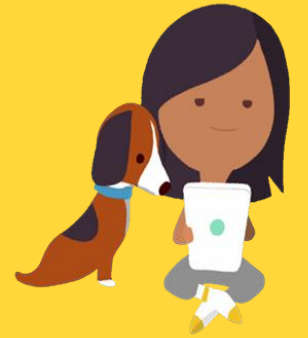
You can find out more about the social networks, apps and games your child uses with the NSPCC [Net Aware](#) tool.



Be Social Network Smart

<https://www.youtube.com/watch?v=Qh8q26FAyKE&app=desktop>





What parents can do.....

- **Check out the apps and sites they're using.** You know your child best, so check that the websites, social networks and games they're using are suitable for them. You can also find out more at net-aware.org.uk
- **Talk about age ratings.** Online games, movies and some websites will have an age rating or minimum age to sign up. **Age limits are there to keep children safe.** So you shouldn't feel pressured into letting your child sign up or use websites that you feel they're too young for even if there's peer group pressure to play games and use websites and apps with older ratings.
- **Set up parental controls.** These can help you filter or restrict content on your home Wi-Fi, as well as phones, tablets and games consoles. To find out more visit internetmatters.org You can also set filters on search engines or use websites' privacy settings to prevent children seeing unsuitable content or advertising. **Make sure they know how to use these tools to report abuse.**



3 tips to help start the conversation

1. Explore sites and apps together and talk about any concerns.
2. Ask your child if they know how to stay safe online.
3. Talk about personal information and what to share online.

Get more advice about how to [talk to your child](#) to help them stay safe.

How safe are the sites, apps and games your child uses?

- Run in partnership with O2, Net Aware offers parents useful information about each social network, including the age guidance for users.
- [Visit Net Aware](https://www.net-aware.org.uk/) <https://www.net-aware.org.uk/>



Why they could be at risk

- Children don't think of people they've met online through social networking and online games as strangers, they're just online friends. This can make them vulnerable to bullying, inappropriate friendships and grooming.



Create a family agreement



Creating a family agreement is a great way to start talking about online safety. It'll help your child understand what behavior is appropriate when they're online. And they'll know who they can turn to if they are ever worried about anything they see or do.

Download a template to get started <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Our family online agreement



Creating a family agreement is a great way to start conversations about online safety and to discuss any worries you may have. Make sure you review the rules together regularly to keep them up-to-date.

..... agree(s) to:

(eg check before I download a new app)



SIGNED

..... agree(s) to:

(eg ask my child's permission before posting photos of them on social media)



SIGNED

We both agree to:

(eg talk about what we're up to in our online world like our offline world)

For more information search **'Share Aware'**

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How we can help



We want to help your family enjoy the best of the digital world safely and confidently.

If you would prefer to speak to someone, call our online safety advice helpline, visit [o2.co.uk/nspcc](https://www.o2.co.uk/nspcc) or call **0808 800 5002**. Lines are open from 9am to 7pm Monday to Friday and 10am to 6pm on weekends and will be free of charge.

- **NSPCC Net Aware** has information about the most commonly used apps by young people. [net-aware.org.uk](https://www.net-aware.org.uk)
- **NSPCC Share Aware** has ideas on conversation starters you can use with your children and advice about staying safe online. [nspcc.org.uk/shareaware](https://www.nspcc.org.uk/shareaware)
- **ThinkuKnow for parents** – advice for parents from CEOP’s ThinkuKnow education programme. [thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents)
- **UK Safer Internet Centre** has further advice and guidance for young people and parents about staying safe online are available from. [saferinternet.org](https://www.saferinternet.org)
- **The NSPCC helpline** is open 24 hours a day, ready to give support and advice to any adult who’s worried about a child. Call **0800 800 5000**, visit [nspcc.org.uk/help](https://www.nspcc.org.uk/help) email help@nspcc.org.uk