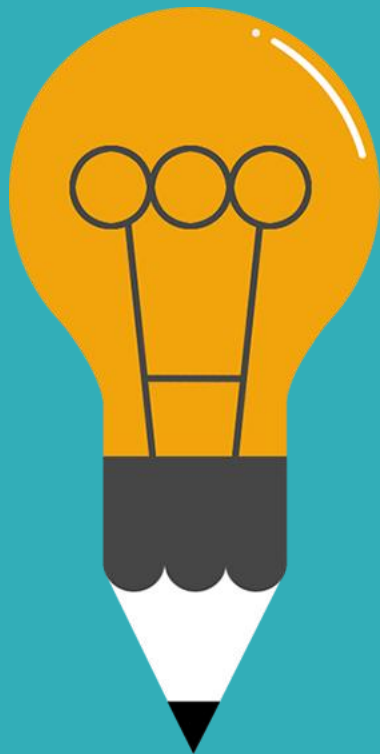




Parents

Protecting your children online

Made with
resources from:



Minimum age requirements

- Risky elements:
- Inappropriate content
- Inappropriate behaviour
- Making friends with people they don't know and communication
- Social media -

Gaming -

Social media apps for kids

See our list of child-friendly social media and messaging apps. Help children learn how to interact with each other and share safely online before graduating to other social media apps when your child is of age.



Taking photos and videos

- Oversharing
- Accidental sharing



AI (Artificial Intelligence)

- Risky
- Minimum age requirements
- Social media/friendships





What can you do?



TALK



Talk to your child about online sexual abuse. Start the conversation – and listen to their concerns.



Agree ground rules about the way you use technology as a family.



Learn about the platforms and apps your child loves. Take an interest in their online life.



Know how to use tools, apps and settings that can help to keep your child safe online.

Government campaign



Kids Online Safety

[Get started](#) [How to start talking about online safety](#) [What should you trust online?](#) [Parental controls](#)

[Where to get support](#) [Where to report something](#)

**Help your child stay
safe online**



**Find practical information from trusted places to help you
feel more confident on the steps you can take to protect
your child online.**

What I wish my parents knew

CHILDREN'S COMMISSIONER Help at Hand IMO Contact Us X f y in @ Q

Parents and carers guide: My priorities Knowledge & resource hub About us Media centre



What I wish my parents or carers knew ...

A guide for parents and carers on managing children's digital lives

CHILDREN'S COMMISSIONER

Chat - little and often



Talk to your child about online sexual abuse. Start the conversation – and listen to their concerns.

- Talk to your child about their life online - try to understand
- Take the opportunity to talk to them about how to stay safe
- Explain any worries you may have



Discussion Starter for Families

Ask your child:

"If someone you met online asked you to keep a secret from me, what would you do?"



Take some practical steps



Agree ground rules about the way you use technology as a family.



Learn about the platforms and apps your child loves. Take an interest in their online life.

- Create a family agreement and regularly review
- Direct your child to age appropriate information



Take some practical steps



Know how to use tools, apps and settings that can help to keep your child safe online.

- Learn about the apps
- Take some time to look it up before you say yes
- Use parental controls



Digital Toolkit

<https://www.internetmatters.org/digital-family-toolkit/>

My Family's Digital Toolkit

Answer some simple questions about your family and get a personalised
online safety toolkit

GET YOUR TOOLKIT

FIND OUT MORE →

ABC checklist

All ages	Under 5	6-10	11-13	14+
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ABC online safety checklist

Set your child up for safety online

The checklist below covers actions you can take to help protect children of all ages from online harms. Once you've tackled this, use the tabs above to see extra steps you can take based on your child's age.

Activate

- Turn on [broadband filters](#) for basic protection on devices in the home. ☐
- Manage [SafeSearch](#). ☐
- Password-protect app stores to limit downloads. ☐
- [Update parental controls](#) as their online activities change. ☐

Balance

- Set a good example with your own screen use. ☐
- Create screen-free zones at home. ☐
- Switch off devices an hour before bedtime. ☐
- Encourage children to take breaks (for example every 20 mins). ☐
- Charge devices outside bedrooms. ☐
- Use screen time tools to help manage how much time they spend online, e.g. [Google Family Link](#) for Android or [Screen Time](#) for Apple. ☐
- Set digital boundaries and routines together ([Family Agreement](#)). ☐

Check

- Review the [minimum age requirements](#) for the apps, games and platforms for your child wants to use. ☐
- Discuss [online risks](#) and strategies to tackle them. ☐
- Ask children what they like to do online and why. ☐
- Show them how to report or block inappropriate content on [platforms they use](#). ☐
- Share your concerns about their online safety. ☐
- [Talk regularly](#) with your child about their online life in casual settings (like over dinner or during a walk). ☐

All ages	Under 5	6-10	11-13	14+
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ABC online safety checklist for 6-10s

If your child is between 6 and 10 years old, use the checklist below to manage new digital experiences.



Activate

- Set up child accounts on [shared devices](#). ☐
- Create child profiles on [platforms they use](#). ☐
- [Limit chat and data sharing on online games](#) like Roblox and Minecraft. ☐
- Use family or parent modes on platforms with social features to supervise use, like [YouTube Supervised Accounts](#) and [Roblox Allowed Experiences](#). ☐

Balance

- Encourage children to [explore a range](#) of different types of media. ☐
- Help them [balance](#) active (creating) and passive (watching) screen time. ☐
- Use visual timers to help children track their time on devices. Or use your household [voice assistant](#) to set reminders and limits. ☐

Check

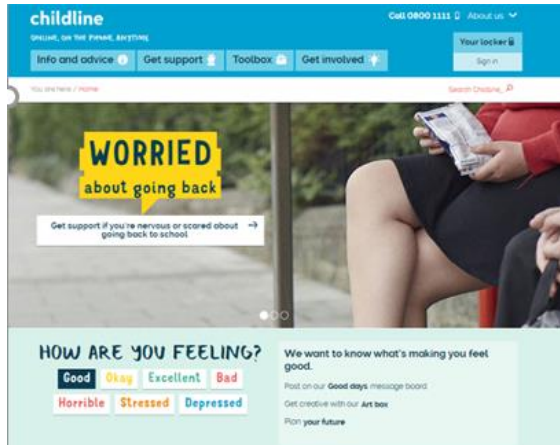
- Check if apps are right for their [age and maturity](#) level. ☐
- Explain why it's important to [question what they see online](#). ☐
- [Talk about tough topics](#) like cyberbullying, grooming and pornography in age-appropriate ways. ☐

Report anything that worries them

- Make sure they know they can come to you
- Help them identify trusted adults
- Let them know you won't blame them



Where can you get advice and support?



CEOP - reporting sexual abuse

Reporting to NCA-CEOP - www.ceop.police.uk



The screenshot shows the CEOP website homepage. At the top, there is a dark blue header with the CEOP logo on the left, the text "Child Exploitation and Online Protection command" in the center, and a "Quick exit" button on the right. Below the header, the main content area has a white background. The central heading reads "Are you worried about online sexual abuse or the way someone has been communicating with you online?". Below this, a link says "Make a report to one of CEOP's Child Protection Advisors". There are three columns of content: "Should I make a report to CEOP?", "What happens when I make a report?", and "How can CEOP help me?". Each column has a brief description and an icon. The bottom of the page features a blue wavy graphic with icons representing a computer, gears, a pencil, and speech bubbles.

CEOP
A National Crime Agency command

Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here

Quick exit

Are you worried about online sexual abuse or the way someone has been communicating with you online?

[Make a report to one of CEOP's Child Protection Advisors](#)

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



