# Safer Internet Day!

## (9th February 2021)

Children understanding the risks of using the internet, and knowing how to keep themselves safe has long been important. However, since lockdown began children have to be online daily, making their education on internet safety vital.

Whilst the internet is an amazing source of knowledge and entertainment, there are risks. With children accessing online content more often than ever before unfortunately these risks will also increase for them.

The four main online safety risks are known as the four Cs.

- **Content** (accessing inappropriate websites, pictures or information).
- **Contact** (with people they don't know who may wish to negatively influence them).
- **Conduct** (inappropriate behaviour or messaging).
- **Commercialisation** (advertising, recommendations, manipulation by companies).

## What can you do?

### Talk to each other

Talk to your children about staying safe online and let them know that they can turn to you if they get into any difficulty.

Knowing what to do when faced with specific scenarios such as cyberbullying, sexting and possible abuse is important and the websites below can give advice on how to report these.

### Content filters

Web content filtering allows you to block access to websites that may be offensive, inappropriate, or even dangerous. Families who use these find them useful but they cannot protect children from all of the risks so it is worth staying vigilant. Information on how to set this up with different providers can be found here:

https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider

In addition, many devices such as games consoles, smartphones and tablets have their own parental controls, for example to limit spending or restrict access to apps based on age rating.

### Reporting serious inappropriate contact

If you become aware that a child has been contacted in this way, the police have a dedicated site where you can report it. They cannot help with bullying so if you need support with that please look at the websites below, such as the NSPCC.

https://www.ceop.police.uk/safety-centre/

## Useful websites

There are a huge number of useful resources online to help you to support your child and find options that work best for your family. Here are a few helpful websites where you can access relevant advice.

https://www.saferinternet.org.uk/advice-centre/parents-and-carers

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

https://www.thinkuknow.co.uk/parents/

Age specific advice:

https://www.internetmatters.org/advice/

Screen time:

https://www.internetmatters.org/issues/screen-time/learn-about-it/

Cyber bullying:

https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

# If you would like more information, please look on our website.