

Keeping children safe online

What do children want?

- They want to talk to YOU about their online lives
- They often feel that they cannot, because they will be judged or misunderstood

Digital parenting tips

Avoid

- Judging
- Banning
- Overreacting
- Panicking

Try to

- Show an interest
- Try out the apps
- Use privacy settings
- Ask questions

Screen Time

Spending time online can be a problem if it interferes with other important things...



Sleep



Exercise



Friends



Learning

Body image

Young people may feel huge pressure to look a certain way

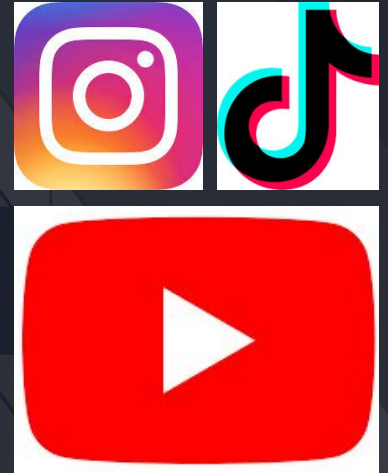
Sadly, this can lead to low self-esteem and eating disorders



Fake News

Children often get their news from social media

- Hard to tell fact from fiction
- More likely to believe conspiracy theories and hoaxes
- Positives - young people may engage with activism, social justice groups and charities



Social Media

Positives

- Connecting to friends
- Organising offline plans
- Entertainment
- Learn new skills

Challenges

- Pressure to reply quickly
- Pressure to get likes
- Hard to switch off from social life
- Less privacy
- Being asked for images

How to report problems

- Schools can give advice on a wide range of online safety issues. For issues such as online bullying and friendships, your school is well placed to support you.
- For more serious issues, such as sharing nudes or exploitation, report this to the police
www.ceop.police.uk

