

Dear Parents and Carers,

Online Safety – Keeping your child safe

Helping your child stay safe online can be difficult.

To support you, we have summarised key points from a recent online safety workshop to help you protect your child online.

Helping your child stay safe online

Help them build confidence and learn how to stay safe.

Teach them about technology, media, and social interactions. A strong sense of self-worth makes children less likely to take online risks.

Online risks children may face

Children might see or experience:

- Harmful content – including inappropriate images, false information, hate speech, or extreme ideas.
- Online strangers – some people may try to trick or take advantage of children.
- Blackmail (sextortion) – threats to share private photos or messages.
- Pressure from social media – the need for "likes" and approval.
- AI and abuse – harmful images made with artificial intelligence.

How you can help

- Use safety tools on apps like TikTok, Instagram, and WhatsApp.
- Check your internet provider for parental control options.
- Talk to your child about what they do online.
- Set clear rules about internet and screen time.
- Watch for gaming risks like in-game purchases and gambling-style features.

New online safety law (2023)

A new law says companies must stop children from seeing harmful content (such as violence, bullying, or self-harm).

The UK's Ofcom organisation will check that companies follow these rules.

Sharing photos of your child

Think carefully before posting pictures of your child online. Studies show most parents share about 1,000 photos of their child before they turn five.

What you can do now

- ✓ Talk with your child about online safety.
- ✓ Learn about the apps and games they use.

- ✓ Use parental controls and safety tools.
- ✓ Set clear internet rules for your child.
- ✓ Stay informed about new online dangers.

For more resources, visit [Kids Online World](#) and [ECP Safeguarding](#).

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