



Online safety at home:

Parents and carers newsletter

April 2021

With the majority of young people still spending more time at home, they will be spending more time online doing their college work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However, it's important we all consider how we can help keep young people safer online. Here is some information about what your young person may enjoy online and what you can do to help keep them safe:

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your young person, watch this short video:

[In-game chat: a guide for parents and carers](#) .

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parent's website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your young person safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your young Person](#).

Make sure they know where to go for support: Remind your young person they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: [Supporting your young person with reporting unwanted content online](#)