

## ADVICE FOR PARENTS AND GUARDIANS.

The internet can be a valuable resource for children, allowing them to connect with friends and learn new things. But there are also risks when going online, and children can be particularly vulnerable. Talking to your child is one of the best ways to keep them safe online.

By understanding the risks and keeping yourself up-to-date on the latest technology, websites and social networks you can help your child enjoy the internet safely and securely.

For additional help and support please visit the below websites.

<https://www.thinkuknow.co.uk/>

<https://www.nspcc.org.uk>

<https://wwwmumsnet.com>

<https://internetmatters.org>

### HELP PROTECT YOUR CHILDREN ONLINE



- **Keep computers & games consoles in family rooms where you can monitor activity. Also make sure the games your child plays online are age appropriate.**
- **Install parental control software or activate parental controls through the internet to prevent access to inappropriate content.**
- **'friend' or 'follow' your child on social networking sites, so you can see how they are using them**
- **Check they are old enough to join any websites or social networks with age restrictions**
- **Advise your child not to post personal information or any images they wouldn't want everyone to see.**
- **Avoid using webcams unless talking to close friends or family. Consider covering your webcam when not in use.**
- **Monitor your children's internet usage, and be watchful for any secretive behaviour.**

**If you have any ideas for future topics, would like information or have any questions please contact [aylesburysaferschools@thamesvalley.pnn.police.uk](mailto:aylesburysaferschools@thamesvalley.pnn.police.uk)**