



Online safety at home: parents and carers newsletter

With nearly all young people using the internet and social media as part of their day-to-day lives, it is really important that parents and carers are able to support them in keeping safe. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family, when used responsibly. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Social Media

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

Remember, most social media services require users to be at least 13 years of age before they can register.

For information, read [Teens and the sexual content on social media](#).

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 [parents 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 child 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 child](#).

Make sure they know where to go for support: Remind your child 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 child with reporting unwanted content online](#)