



Online safety at home:

Social Media, Apps and games

<https://hwb.gov.wales/keeping-safe-online/in-the-know/>

Hwb has a variety of resources for parents and carers around social media, Apps and games,

In the know – Hwb guide

The guides include a detailed overview of the most popular social media apps and games, outlining the age rating and key terminology. It also highlights the risks each app poses to young people and gives detailed instructions on how to enable parental controls and safety settings.

Having a conversation with your child

There is also a helpful section on tips for having a conversation with your child about social media, Apps and games. This can be found here

<https://hwb.gov.wales/keeping-safe-online/resources/having-a-conversation-with-your-child/> .

More information?

Please follow the link below to access the guides via the Hwb website.

<https://hwb.gov.wales/keeping-safe-online/in-the-know/>

If your child tells you something that worries you...

Take a break. If your child is telling you things that worry you it is really important to stay calm and not to react immediately. Let them tell you what's going on and then decide together how you're going to deal with it.

Get help together. If your child tells you something which means they could be in danger you must report this to the relevant organisations. Try to agree to do this together. Don't take over unless you think that is your only option.

Get support for yourself. Your focus is going to be on looking after your child but remember to look after yourself as well and get support from your family and friends. You can get further [advice from Thinkuknow](#) , [Parent Zone](#) and [Parent Info](#), and there are [other organisations that can help](#) you and your child.

Please contact us at the school if you would like to discuss any aspects further. If you are concerned your child is in immediate danger, call 999.