



## **Talking to children about staying safe online**

Talking to your child, openly and regularly, is the best way to help keep them safe online.

### **Top Tips**

Explore sites and apps together

- Talk about what might be OK for children of different ages. Ask your child what sites or apps they like. Write a list, and look at them together.
- Be positive about what you see, but also be open about concerns you have: "I think this site's really good" or "I'm a little worried about things I've seen here".
- Talk to your child about what you think is appropriate – but also involve them in the conversation. Ask what they think is OK for children of different ages – they'll feel involved in the decision-making.
- Be aware that your child might talk about friends who use apps or visit sites that you've decided aren't suitable. Be ready to discuss your reasons, but recognise that they may not agree with you. Listen carefully for the reasons why.
- Go through a final list of sites you both agree are OK, and work out when you'll next discuss it.

For more information go to:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online>