

Go to for  
staying safe & Well online.



The internet plays an integral part of children's lives. It has many positive benefits but we also have to consider the risks. We want to support children and young people to enjoy the benefits of the online world, free from harm, fear and abuse.

'The most powerful safeguarding tool is an educated & empowered child' (Gamble, 2009).

## What can parents do? 5 Tips to Remember

1



**The best thing is to talk!** Ask questions & listen to your child. Whilst it is important to have restrictions for online usage, it is equally important to make time to show your child you are interested in what they do online. This can encourage them to talk to you if they are worried about something or if someone they talk to online makes them feel upset or uncomfortable.

<https://onlinesafetyhub.safeguardingni.org/>

2



**Try to get a good balance between online & offline!** Too much of anything can be bad for our health & wellbeing and this is also this case with screen time. Encourage time spent away from devices. Think about your own screen use. If we are trying to encourage a better balance for our children, modelling the behaviour we want to encourage is the most effective method! Try to provide alternatives for children to spend time offline, this can include going for walks or other physical activity. Think about sports, clubs, groups, music, play.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

3

**Go with your instinct!** If you feel something isn't right, check it out. Look out for different behaviours. It is not always easy to spot when a child is feeling anxious or low but if they seem more withdrawn or irritable than usual, it might indicate something is wrong. It is important to know what to do and how to respond to your child if they tell you something is wrong. Try to remain calm and reassure them you are there to help them. Know who to ask for help and how to report a concern.



<https://saferschoolsni.co.uk/>



4

**Education is knowledge & knowledge is power!!** The online world is ever changing. As parents, it can be difficult to keep up with the latest developments. However, it is important that we keep ourselves as informed as possible. Try your best to keep updated, use parental controls & privacy settings. Consider installing passwords, blocking websites or apps, setting time limits & spending limits. All of this can help limit potential risks.



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/>

**'At a public swimming pool we have gates, signs, shallow ends and life guards. But we also teach children how to swim' (Byron Review, 2008:12).**



It isn't possible to keep track of everything your child does online and so just like the real world e.g., the swimming pool, you'll rely on what you have taught them to keep them safe.



<https://www.internetmatters.org/>

5

**Your Look after yourself!** Trying to navigate the online world can be daunting! Self care is an important part of maintaining good health & wellbeing. Try to ensure you make some time for yourself everyday, even for just a short while.



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