

25th February 2025

Dear Parent/Carer,

Keeping Your Child Safe Online – Tips for Parents

In today's digital world, children have more access to the internet than ever before. While this provides amazing opportunities for learning and communication, it also presents risks that parents need to be aware of. We have put together some essential tips to help keep your child safe online.

1. Use Filtering and Monitoring Software

Filtering and monitoring tools can help control what your child can access online and keep an eye on their digital activity. Some useful options include:

- **BT Parental Controls** – Allows parents to filter and restrict content across devices connected to the home network.
- **Sky Broadband Shield** – Provides internet security and content filtering.
- **Qustodio** – Offers web filtering, screen time controls, and reports on activity.

Setting up these tools on home devices can help protect children from harmful content and ensure they are using the internet responsibly.

2. Blocking Websites

Parents can manually block specific websites that they find inappropriate for their children. Here's how:

- **On Windows & Mac:** Use built-in parental controls to restrict access to certain sites.
- **On Wi-Fi Routers:** Many UK broadband providers, such as Virgin Media and TalkTalk, offer parental controls that allow you to block harmful websites at the network level.
- **Via Browser Extensions:** Extensions like **BlockSite** allow you to restrict access to unwanted content.

3. Recognising and Addressing Cyberbullying

If you're worried your child is experiencing cyberbullying, watch for signs such as:

- Changes in mood, becoming withdrawn or upset.
- Avoiding social media or devices.
- Sudden drop in self-esteem or anxiety about being online.

What you can do:

- **Talk to your child** – Encourage open conversations about their online experiences.
- **Report the bullying** – Use the platform's built-in reporting tools to report abusive content.
- **Document the evidence** – Take screenshots of any harmful messages or posts.
- **Seek support** – Contact organisations such as Childline (0800 1111) or the NSPCC for guidance.

4. Encourage Safe Online Habits

- Teach your child to never share personal information online.
- Set screen time limits and encourage breaks from digital devices.
- Promote positive online behaviour, emphasising respect and kindness.

5. Further Resources and CEOP's Button

For more information on keeping your child safe online, visit:

- **UK Safer Internet Centre** (www.saferinternet.org.uk) – Provides resources for parents and carers.
- **Internet Matters** (www.internetmatters.org) – Offers expert advice and parental control guides.
- **ThinkUKnow** (www.thinkuknow.co.uk) – Educates children about online safety.



The **CEOP (Child Exploitation and Online Protection) button** is a tool that allows children and parents to report concerns about online exploitation or abuse. If you or your child feel uncomfortable about someone's behaviour online, you can use the CEOP button, found on many child safety websites, including ThinkUKnow. Clicking this button takes you to the CEOP reporting website (<https://www.ceop.police.uk/ceop-reporting/>), where you can file a report directly to trained professionals who will investigate and take action if necessary.

By staying informed and involved in your child's digital life, you can help create a safer online environment for them. If you have any concerns or need further guidance, don't hesitate to reach out.

Yours sincerely,

Mrs Walker
Designated Safeguarding Lead