



## Online Safety: Resources and useful links

### Online safety guidance for parents

Government Guidance (22<sup>nd</sup> February 2021) <https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

Internet Matters (a one-stop-shop for parents: online issues, advice by age, setting controls, guides and resources <https://www.internetmatters.org/>)

Childnet (includes guidance in different languages) <https://www.childnet.com/parents-and-carers>

South West Grid for Learning <https://swgfl.org.uk/coronavirus-guidance-and-resources/> and <https://swgfl.org.uk/magazine/what-you-need-to-know-professionals-and-parents/>

CEOP <https://www.thinkuknow.co.uk/parents/>

National Cyber Security Centre <https://www.ncsc.gov.uk/section/information-for/individuals-families>

Gaming <https://www.askaboutgames.com/>

<https://families.google/> (March 2021) lots of resources around screentime and restrictions, wellbeing, parental controls, family fun...

IWF campaign to raise awareness of self-generated content <https://talk.iwf.org.uk>

Guide for parents [https://talk.iwf.org.uk/wp-content/uploads/2021/04/A-guide-for-parents-and-carers-1.pdf.pagespeed.ce.h3\\_Hcd7ew\\_.pdf](https://talk.iwf.org.uk/wp-content/uploads/2021/04/A-guide-for-parents-and-carers-1.pdf.pagespeed.ce.h3_Hcd7ew_.pdf)

Resources for girls <https://gurloutloud.com/>

### Reviewing apps and games

<https://www.net-aware.org.uk/> and <https://www.common sense media.org/> and <https://www.internetmatters.org/resources/apps-guide/>

### Reporting a problem

A national reporting centre (run by the UK Safer Internet Centre) for harmful content online <https://reportharmfulcontent.com/>

Internet Watch Foundation (UK Hotline) for reporting illegal content online – child sexual abuse images <https://www.iwf.org.uk/>

How to report suspicious emails (NCSC) [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

### Educational materials

CEOP – Home activity packs – support for parents during school closures. 15 minute activities for parents to do with their children to support online safety. <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

### Other useful resources/research

Ofcom – children’s media use and attitudes report (April 2021) <https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens>

Ofcom – seven tips to stay connected <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/stay-connected>



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Ofcom – weekly research on how people are receiving and acting on information during the pandemic

<https://www.ofcom.org.uk/research-and-data/tv-radio-and-on-demand/news-media/coronavirus-news-consumption-attitudes-behaviour>

Top tips for parents – fridge poster from LGfL <https://static.lgfl.net/LgflNet/downloads/digisafe/Parent-Top-Tips-Safe-Online-Corona.pdf>

Mental Health Foundation – talking to your children about scary world news

<https://www.mentalhealth.org.uk/sites/default/files/talking-to-your-children-scary-world-news.pdf>

Over 100 research summaries from the UKCIS evidence group [www.saferinternet.org.uk/research](http://www.saferinternet.org.uk/research)

The Power of Image Report (Safer Internet Day 2017) <https://www.saferinternet.org.uk/safer-internet-day/2017/power-of-image-report>

Digital friendships report (Safer Internet Day 2018) <https://www.saferinternet.org.uk/digital-friendships>

Our Internet Our Choice – Consent in a Digital World (Safer Internet Day 2019)

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/our-internet-our-choice-report>

deShame - <http://www.childnet.com/our-projects/project-deshame/research> (young people's experience of sexual harassment online)

Disrupted childhood report - <https://www.basw.co.uk/system/files/resources/disrupted-childhood.pdf>

BBC3 Online pain challenges - <https://www.youtube.com/watch?v=4BZ0ysUwcic>

YouTube <https://www.youtube.com/myfamily/>

### News stories

IWF report - <https://www.iwf.org.uk/news/%E2%80%98grave-threat%E2%80%99-to-children-from-predatory-internet-groomers-as-online-child-sexual-abuse> and <https://www.bbc.co.uk/news/world-52773344> (this is an earlier story from May 2020)



# UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



**Sharing sensibly**  
Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



**Keep moving!**  
Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmove more



### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



**Talking helps**  
Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



### Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



**Use helpful phone features**  
Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

