

# Parenting in the Digital World



# Internet Safety Advice Online



[internetmatters.org](https://internetmatters.org)



[saferinternet.org.uk](https://saferinternet.org.uk)



[commonsensemedia.org](https://commonsensemedia.org)



[parentzone.org.uk](https://parentzone.org.uk)

*app's - games - social media - and beyond....*

**The above sites will allow you to keep up-to-date with all things digital.**

**Step by step guides on how to apply safety settings and filters on your home devices, games and app's (internet matters)**  
**Parent reviews and advice (common sense media)**  
**Parent advice, talking points and lots more (parent zone)**  
**General help and information (uk safer internet centre)**

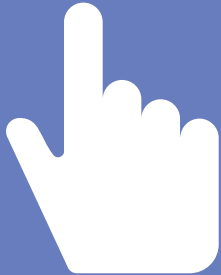


# Quick Links

Please use the links on this page to be taken to lots of step by step guides.



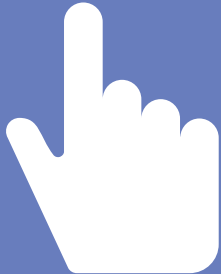
**Parental Controls**



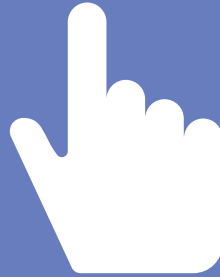
**Social Media  
Privacy Guides**



**Broadband &  
Mobile Networks**



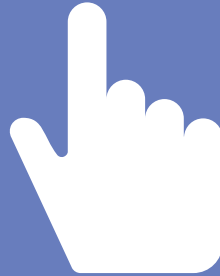
**Entertainment &  
Search Engines**



**Gaming Consoles  
& Platforms**



**Smartphones and  
other Devices**



**Guide to Apps**



**Get kids tech  
set up Safely**

**Just click on the  
chosen hand icons!**





**Click (hand)  
to View**





*You don't need to be a 'Tech' expert  
to provide lots of help  
and support!*

*Little & Often is the way to go.....*

**Talking to your young people about what they like to do online and how they manage their digital life can be extremely beneficial.**

**Showing an invested interest in your young peoples online life will not only educate you on what their up to but will also be a great way of you providing your own life experience and guidance.**



# Device Rules and Boundaries

To help families discuss and establish boundaries with their young people, in regards to online activity, screen time, apps, games and more.

You might want to check out these family agreement sheets.



**Created by:**

**FOSI (The Family Online Safety Institute):** [CLICK HERE](#)

**Childnet:** [CLICK HERE](#)

**NSPCC:** [CLICK HERE](#)

**Internet Matters:** [CLICK HERE](#)



# Child Friendly Search Engine

click hand icon to use

Type your query in the search box.

If you get stuck, just click me for help!



**Swiggle**<sup>®</sup>  
CHILD FRIENDLY SEARCH

Search the Web

Go

Powered by Google Custom Search



# *Keeping children in care Safe Online*



## **Digital Passport**

**Helping children, young people and their carers make  
the most of technology through relationship building  
and communication!**

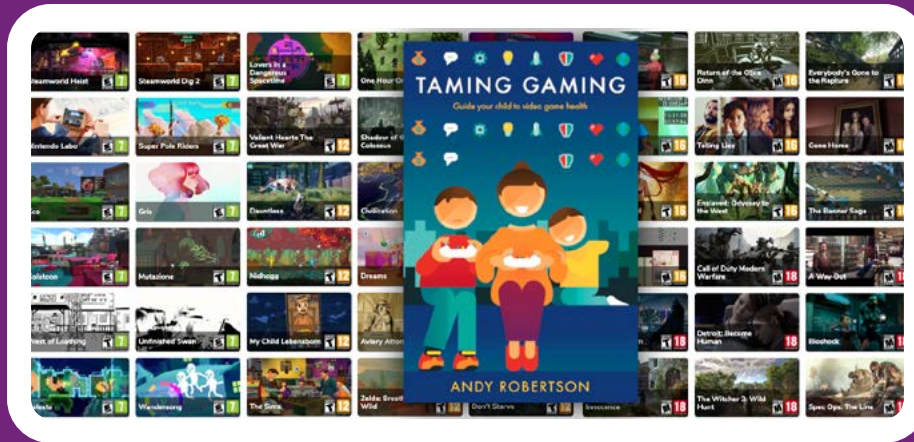
**[View - Download - Print Here](#)**



*Level up your knowledge  
of the Gaming World!*

**We understand that the gaming world is constantly evolving and keeping up can sometimes seem overwhelming.**

*The Taming Gaming - Family Video Game Database*  
**will help you stay informed and up-to-date**



**[Visit Site Here](#)**



[Visit Site Here](#)



# THE XBOX GAMING SAFETY TOOLKIT

Empowering caregivers to support young people to game safely



[View Checklist Here](#)

# ROBLOX

**Privacy and safety checklist**



# Supporting children with SEND

[Click Here](#)

[Click Here](#)

[Click Here](#)



Special Educational Needs  
& Disabilities



*#Ask The Awkward*

Talking regularly with your child about relationships and sex can help develop shared understanding, trust and support between you. Talk little. Talk often. Ask The Awkward.

#ASKTHE  
AWKWARD  
EXPLORING  
**SEX, SEXUALITY  
AND IDENTITY**  
ONLINE

[Visit Site Here](#)



A man and a woman are shown from the chest up, looking off-camera with expressions of concern. The woman on the left has blonde hair and is wearing a dark green top. The man on the right has dark curly hair and a beard, wearing a mustard yellow cardigan over a light blue shirt. The background is a blurred cityscape.

# **CAPTURE**

**WHO'S LOOKING AFTER  
THE CHILDREN?**

[Watch Video Here](#)





# Coping with a digital crash

Follow our next steps....



*Keep Calm.....don't freak out!*

If something has gone wrong in your young persons digital life, take reassurance that you know.....NOW YOU CAN HELP THEM!

*Step 1:*

*Step 2:*

*Everything's going to be ok.*

No matter how big or small the problem is, reassure your young person that everything is going to be ok. This will start things heading in the right direction.

*Make a plan.....with them.*

Undoubtedly your going to need to get some extra help at this point. It's important to involve your young person in this process.....don't shut them out!

*Step 3:*

*Step 4:*

*Make sure they're happy.*

Whatever you think will be your next steps, make sure your young person agrees. We want to make this process positive, in case things crash again in the future.

*Help is just around the corner.....*

*or on the next few pages!*



# Looking for some extra support?



[youngminds.org.uk](http://youngminds.org.uk)



[themix.org.uk](http://themix.org.uk)



[www.kooth.com](http://www.kooth.com)



[nspcc.org.uk](http://nspcc.org.uk)

*There's lots of extra help out there,  
free, friendly and supportive!*

**If from time to time, you or your young people need a little bit of extra help or support. It's out there waiting for you and easy to find online.**

**The above groups will either help you directly or signpost you to others out there that will.**

**Get the support you deserve, if and when you need it .....Simple!**



*Need to take things  
a bit further?*

**If you've found yourself in the position where things have got slightly out of your control or indeed you feel a young person is in danger.**

**Report it immediately!**

**The below organisations will be a great place to start.**



[ceop.police.uk](http://ceop.police.uk)



[reportharmfulcontent.com](http://reportharmfulcontent.com)



[Childline Report Remove](http://Childline Report Remove)





**IWF**  
Internet  
Watch  
Foundation

**MAKE SURE YOUR  
HOME DOESN'T HAVE  
AN OPEN DOOR TO  
CHILD SEXUAL  
ABUSERS.**

**DOWNLOAD THE TALK RESOURCE**

**WHAT CAN PARENTS  
AND CARERS DO?**

**T**

**TALK** to your child about online sexual abuse. Start the conversation – and listen to their concerns.

**A**

**AGREE** ground rules about the way you use technology as a family.

**L**

**LEARN** about the platforms and apps your child loves. Take an interest in their online life.

**K**

**KNOW** how to use tools, apps and settings that can help to keep your child safe online.



# Simple steps to having an awesome *digital life!*

**Please explore our advice series with your young people!**

**The aim of this growing series is to provide young people with some simple steps to having an awesome digital life!**

**Covering:**

**Interacting Online, Online Strangers, Cyber-bullying & more.....**

**Visit our 'Downloads' page or click link. [\\*\\*CLICK HERE\\*\\*](#)**



**Interested in getting some more help and advice?**

**why not arrange one of our**

***'Parenting in the Digital World'***

**Live Virtual sessions**

**(delivered on ZOOM during the evening for you at home)**

**for your school, group or business.**

***Keep everyone at home safer Online.***

**\*\*\*\*\*Click here to find out more\*\*\*\*\***

*Just shout if you need any more help!*

web: [www.thestaysafeinitiative.org.uk](http://www.thestaysafeinitiative.org.uk)  
mail: [richard@thestaysafeinitiative.org.uk](mailto:richard@thestaysafeinitiative.org.uk)  
phone: 01666 577269

*#staysafestayawesome*

