

Know what your children are doing online and who they are talking to. Ask them to teach you to use the applications that they use or you have never used. Learn what technologies they use and own such as telephones, gaming machines etc and what they are capable of doing. Keeping the computer in a family room means that you can share your child's online experience and that they are less likely to act inappropriately, however we appreciate this is not always practicable with the use of small mobile devices.

Help your children to understand that they should never give out personal details to online friends — personal information includes their messenger ID, email address, mobile number and any pictures of themselves, their family or friends. If your child publishes a picture or video online, anyone can change it or share it. As a rule they should only share pictures that they would be willing to share with close family members. Remind them that anyone may be looking at their images both now and in the future and one day this could be a future employer.

If your child receives spam/junk email & texts, remind them never to believe them, reply to them or open them. It's not a good idea for your child to open attached files that are from people they don't know. They won't know what they contain — it could be a virus, or worse — an inappropriate image or film.

Help your child to understand that some people lie online and therefore it's better to keep online friends online. They should never meet up with any strangers without an adult they trust.

Always keep communication open between you and your child. Make sure they know that it's never too late to tell someone if something makes them feel uncomfortable, and that you are there to support them, not judge them.

Teach young people how to block someone online and how to report them if they feel uncomfortable.

**Websites that can assist you:**

[www.ceop.gov.uk](http://www.ceop.gov.uk)  
[www.youtube.com/ceop](http://www.youtube.com/ceop)  
<http://www.iwf.org.uk>

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.getnetwise.org](http://www.getnetwise.org)