Time to Chat……

Before we start Parents remember to Explain to your child that you understand the internet is a great place to be and that you're just looking out for them. Tell them they should speak up and not keep secrets if something is worrying them.

Reassure them that you're interested in all aspects of their life. Say that you'd like to talk about stuff they've seen online, sites and apps they visit, and that you'll share the things you've seen too. Recognise that they'll be using the internet to research homework, for example.

Reassure them that you won't overreact – you're just looking out for them.

Time to Chat…………..

1) What are your favourite apps /sites?

2) Why do you like them?

3) Do your friends use any sites that you are not allowed on? Which ones?

4) Do you understand why your parent/guardian has concerns about those sites? Discuss.

5) **Parent -** Do you post photos of your child on social media? If so **discuss** with your child if there has ever been a time when they have felt uncomfortable about a particular image being shared.( Is this something that your child would like you to consider going forward?)

6)Has there ever been a time when you have seen something that has made you feel uncomfortable online? What exactly made you feel uncomfortable ? Nasty comments, animals being hurt?

Explain that you're always here to protect and help them online and off.

Reassure your child that they can always talk to you about anything that makes them feel uncomfortable.

Show them how to report or block on the sites and apps they use. Use [Net Aware](https://www.net-aware.org.uk/) to find out how.

Tell them you'll help them to report anything upsetting they've seen, or to deal with [online bullying](https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/).

7) On your online games/social media/apps do you know how to block someone?

8) Do you know what information you should keep private? Why should our personal information be kept private?

9) Do you think that you are spending the right amount of time online? Too much perhaps?

What can we do to help with this (Timer setting/Family contract?)

10) Have you ever experienced or witnessed any online bullying? What should you do if it ever happens to you?

**For more advice on all of these issues please go to this website.https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/**

**Moving Forward…...**

1) Spend time together having regular conversations about internet safety on a regular basis.

2) Create a Family agreement: Use the template from Today or make your own.

3) Display your agreement somewhere at home where everyone can see it.

4) Find out how to manage your internet settings. Contact your internet provider and/or contact an 02 Guru using the link provided below.

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/



**Together for a Better Internet.**