**Online Safety**

We know a number of our children will be spending more time online during this period and wanted to take the time to remind parents about online safety. The following advice is taken directly from the NSPCC and you can find more valuable advice on their website.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

**Starting a conversation about online safety**

It can be difficult to know how to start talking to your child about what they’re doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they’re more likely to come and speak to you. It can help to:

* reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
* ask your child to show you what they enjoy doing online or apps they’re using so you can understand them.
* be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
* ask them if they're worried about anything, and let them know they can come to you.
* ask them about their friends online and how they know they are who they say they are.
* listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
* ask your child what they think's okay for children of different ages so they feel involved in the decision making.

**Worried about a child?**

**If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice.**

**Call us on 0808 800 5000 or contact us online.**

**Children can contact Childline any time to get support themselves.**