

WEST MERCIA POLICE INTERNET SAFETY FOR PARENTS

1. Explore together: Ask your child to show or talk to you about their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
2. Chat about online safety little and often: Young people are likely to want to explore new apps and websites, whether that's for learning or for fun. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust, including wider family or school staff.
3. Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.
4. Talk about how their online actions can affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else or of themselves, they should always think before posting, when it's out there, it's out there.
5. Parental controls: Make use of the parental controls available on your home broadband and any internet enabled device in your home. Ensure phones and iPad's have the highest security settings.

If you would like further help and support regarding your children and young adults using the internet, please see <https://www.thinkuknow.co.uk/> for more information and/or advice.