



# ONLINE SAFETY TIPS FOR PARENTS:



The online world can be an amazing tool for you and your family to use, if used correctly. Here are our top tips:

## 01

### Passwords and privacy settings matter.

Encourage your child to choose strong passwords and never share them with anyone else. This password should include letters, numbers, upper and lowercase and sometimes a special character '!@£\$'

## 02

### Be involved.

Have open discussions and conversations with your child about what they are doing online. Talk to them about staying safe, who they should accept friends requests from, how to share responsibly online. Be their friend online. Check the age ratings of the sites your child is using.

## 03

### Devices.

Whether it's a mobile phone, computer or xbox all devices that connect to the internet need to be regularly updated and have security protection installed on them.

## 04

### Parental Controls.

They are designed to help you manage your child's online activity. There are various types, some of which are free but others which can be bought.

Go to the Internet Matters website: [www.internetmatters.org](http://www.internetmatters.org), to access an online tool which gives you a chance to set up a personalised list of the controls used in your home on different devices and detailed instructions on how to set them up.

## 05

### Reporting concerns.

If you are concerned your child is being groomed or sexually exploited online you need to report your concerns to CEOP. If you are worried about your child's communications online, report using the social media sites reporting tools and block the account.

### Learn more at:

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

[www.saferinternet.org](http://www.saferinternet.org)

[www.internetmatters.org.uk](http://www.internetmatters.org.uk)

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

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





# KEEPING YOURSELF SAFE ONLINE



## 1. KEEP PERSONAL INFO TO YOURSELF

Everything can be made public on the internet, so avoid spreading personal information. Make sure your accounts are set to private and your profile picture is not

## 2. TURN OFF YOUR LOCATION SETTINGS

Turn off your location services in social media apps. Your apps can be used to track you. Make sure that you restrict other peoples access to your location.

## 3. BE MINDFUL OF WHAT YOU ARE POSTING

When posting online you leave a digital footprint of posts, shares, pictures, which even if you delete them leave their mark. Make sure you don't share anything you wouldn't want your parents to see or a future employer.

## 4. BE WARY OF YOUR "FRIENDS"

It's easy to lie online, so make sure who you're talking to is truthful about themselves and that you know them in real life!

## 5. STAY SAFE!

Get a good strong password and don't share it!

Make sure you have antivirus software and all devices are updated.



**LET'S MAKE THE INTERNET A SAFE PLACE FOR ALL!**



# BE SAFE AND RESPONSIBLE WHEN USING AI



## 1. DON'T SHARE PERSONAL INFORMATION

Never tell AI your full name, address, school name, phone number, or passwords. Treat AI chats like talking to someone you don't know.

## 2. THINK BEFORE YOU TRUST

AI can sometimes make mistakes or sound confident even when wrong. Always double-check facts with a trusted adult or teacher.

## 3. BE KIND AND POSITIVE ONLINE

Don't use AI to create mean messages, rumours, or harmful content. Use AI responsibly and respectfully.

## 4. ASK AN ADULT IF SOMETHING SEEMS STRANGE

If AI gives a weird answer, makes you uncomfortable, or asks for information – stop and tell a teacher or parent straight away.

## 5. USE SCHOOL-SAFE AI TOOLS ONLY

Some websites and apps are safer because they're designed for students. These are the online AI tools that are recommended for students:

- LittleLit (AI platform designed specifically for children)
- Khan Academy's Khanmigo (Education-focused AI tutor)
- Scratch (Creative coding platform with AI concepts)
- Askie (Voice-based safe AI companion for kids)
- Tinkercad (Safe 3D design with AI-supported creativity)



**SMART CHOICES MAKE SAFE AI**