# Parenting in the Digital World



### Internet Safety Advice Online

internet matters.org

### UK Safer Internet Centre

Sense media



internetmatters.org

saferinternet.org.uk

commonsensemedia.org

parentzone.org.uk

The above sites will allow you to keep up-to-date with all things digital.

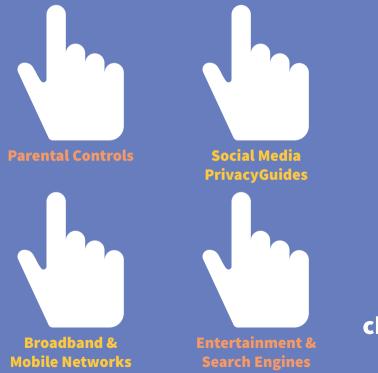
Step by step guides on how to apply safety settings and filters on your home devices, games and app's (internet matters) Parent reviews and advice (common sense media) Parent advice, talking points and lots more (parent zone) General help and information (uk safer internet centre)

app's - games - social media - and beyond....



# **Quick Links**

Please use the links on this page to be taken to lots of step by step guides.



**Gaming Consoles** & Platforms



**Guide to Apps** 

#### **Smartphones and** other Devices



set up Safely

### Just click on the chosen hand icons!





Click (hand) to View





You don't need to be a 'Tech' expert to provide lots of help and support!

### Little & Often is the way to go.....

Talking to your young people about what they like to do online and how they manage their digital life can be extremely beneficial.

Showing an invested interest in your young peoples online life will not only educate you on what their up to but will also be a great way of you providing your own life experience and guidance.



# **Device Rules and Boundaries**

To help families discuss and establish boundaries with their young people, in regards to online activity, screen time, apps, games and more.

You might want to check out these family agreement sheets.



Created by: FOSI (The Family Online Safety Institute): <u>CLICK HERE</u> Childnet: <u>CLICK HERE</u> NSPCC: <u>CLICK HERE</u> Internet Matters: <u>CLICK HERE</u>



## Child Friendly Search Engine click hand icon to use

Type your query in the search box.

If you get stuck, just click me for help!



Search the Web

Powered by Google Custom Search

Go



Initiative.org.uk

## Keeping children in care Safe Online



**Digital** Passport

Helping children, young people and their carers make the most of technology through relationship building and communication!

View - Download - Print Here



## Level up your knowledge of the Gaming World!

We understand that the gaming world is constantly evolving and keeping up can sometimes seem overwhelming.

The Taming Gaming - Family Video Game Database will help you stay informed and up-to-date



### **Visit Site Here**



#### **Visit Site Here**

# THE XBOX GAMING SAFETY TOOLKIT

itiative.org.uk

Empowering caregivers to support young people to game safely

XBOX

### View Checklist Here

# RJBLEX

### **Privacy and safety checklist**



# Supporting children with SENDClick HereClick HereClick HereClick Here



# Special Educational Needs & Disabilities



## #Ask The Awkward

Talking regularly with your child about relationships and sex can help develop shared understanding, trust and support between you. Talk little. Talk often. Ask The Awkward.



**Visit Site Here** 



# CAPTORE WHO'S LOOKING AFTER THE CHILDREN? Watch Video Here

itiative.org.uk

# Coping with a digital crash

Follow our next steps....

Initiative.org.uk

Keep Calm....don't freak out!

If something has gone wrong in your young persons digital life, take reassurance that you know......NOW YOU CAN HELP THEM!

Step 1:

Everything's going to be ok.

No matter how big or small the problem is, reassure your young person that everything is going to be ok. This will start things heading in the right direction.

### Make a plan.....with them.

Undoubtedly your going to need to get some extra help at this point. It's important to involve your young person in this process......don't shut them out!

Step 3:





Step 2:

Whatever you think will be your next steps, make sure your young person agrees. We want to make this process positive, in case things crash again in the future.

Help is just around the corner.....





# Looking for some extra support?

YOUNGMINDS



youngminds.org.uk

themix.org.uk

keeth

NSPCC

www.kooth.com

nspcc.org.uk

If from time to time, you or your young people need a little bit of extra help or support. It's out there waiting for you and easy to find online.

The above groups will either help you directly or signpost you to others out there that will.

Get the support you deserve, if and when you need it ......Simple!

There's lots of extra help out there, free, friendly and supportive!



Need to take things a bit further?

If you've found yourself in the position where things have got slightly out of your control or indeed you feel a young person is in danger.

**Report it immediately!** 

The below organisations will be a great place to start.





Nude image of you online? We can help take it down. **childline** 

Childline Report Remove





## MAKE SURE YOUR HOME DOENS'T HAVE AN OPEN DOOR TO CHILD SEXUAL OURCE ABUSERS.

### **DOWNLOAD THE TALK RESOURCE**

#### WHAT CAN PARENTS AND CARERS DO?



TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.



AGREE ground rules about the way you use technology as a family.



LEARN about the platforms and apps your child loves. Take an interest in their online life. KNOW how to use tools, apps and settings that can help to keep your child safe online





Please explore our advice series with your young people!

The aim of this growing series is to provide young people with some simple steps to having an awesome digital life!

**Covering:** Interacting Online, Online Strangers, Cyber-bullying & more.....

Visit our 'Downloads' page or click link. **\*\*CLICK HERE\*\*** 



Interested in getting some more help and advice?

why not arrange one of our Parenting in the Digital World Live Virtual sessions

(delivered on ZOOM during the evening for you at home)

for your school, group or business.

Keep everyone at home safer Online.

\*\*\*\*\*Click here to find out more\*\*\*\*\*

# Just shout if you need any more help!

### web: <u>www.thestaysafeinitiative.org.uk</u> mail: <u>richard@thestaysafeinitiative.org.uk</u> phone: 01666 577269



