

Staying safe and well online

1. Education is key for both you and them

We can all learn more about how to stay safe online, and it's important that we keep in the loop with new platforms as much as the kids do.

- www.saferinternet.org.uk have easy guides on each different type of social media
- www.mentallyhealthyschools.org.uk have learning materials for young people of all ages, and activities you can go through together
- www.samaritans.org has lots of advice on how you can support people online

2. There are many ways to monitor and filter information

Making sure all devices in the house have appropriate controls is a great way to put your mind at rest.

- The [Internet Matters YouTube channel](#) has over 70 guides on how to set up parental controls on different technologies
- www.internetmatters.org.uk also has advice on social media and privacy settings
- Browser extensions such as [R;pple](#) can help to intercept harmful searches

3. Have an honest conversation together

It can be a bit awkward at times, but having a conversation with your children about their online activity and mental health can really help.

- www.nspcc.org.uk has advice on how to talk about online safety, including how to keep topics age-appropriate.
- www.childnet.com has a list of conversation starter ideas, and resources such as a family agreement

4. Learn how to report inappropriate behaviour

Inappropriate behaviour from other young people you know should be reported directly (for example, to school), but the advice below can be followed in any situation:

- www.samaritans.org has advice on how to report suicide and self-harm content
- www.childline.org.uk has advice on how to report things like bullying and sexting