



## Online Safety - CHILDREN & YOUNG PEOPLE



During the coronavirus (COVID-19) pandemic, people are relying even more on online technology.

Children have been spending more time at home and social distancing means that

they may not have seen friends and family as regularly, if at all. This makes keeping in touch online is even more important.

Many children are spending more time online – and expanding the ways they use the internet. Children who receive support from services may go online to contact social workers, counsellors and others in their support network.

While all this can bring benefits to children's mental health and wellbeing, children can also be exposed to risk online.

### Risks

When children spend time online they may be exposed to:

- online abuse
- cyberbullying
- sexual exploitation
- sexting
- grooming
- radicalisation.



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.



### Building Children's Online Safety Skills

It's important adults help build children's resilience to online harms by talking to them about online safety.

The NSPCC have created guides for parents and carers on:

- How to talk to your child about online safety
- Online games: helping children to play safe
- Keeping children safe from sexting and online porn

Go to <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> for more information

Would you leave your door open at home?

Always LOG OUT of your computer and keep your stuff safe.



## What age can my child start social networking?

As a parent it's important you know that all social networking platforms (or social networking apps, if on a smartphone) have age limits.

Some social networks use technologies that might not be right for some ages, or engage with communities that are made up of people much older than your child.

Internetmatters.org have produced a handy chart of all the most popular apps children and young people use, which gives details on how old someone needs to be to use them.

Their guide also highlights the risks of an underage social networking account and what to do if you find your child has such an account.



## Keeping up with digitally savvy teens as they progress through secondary school can be a challenge.

Whether they're Snapchat streaking with friends before school, taking part in the latest challenge on TikTok or Triller or staying up late to play Fortnite, it's important to be aware of how these online activities can affect their well-being.

To offer support, Internetmatters.org pulled together a guide to give advice on the key issues they may face and share ideas on how you can encourage them to make smarter choices online.

**internet  
matters.org**

Go to Internet Matter.org and search for:  
*Navigating secondary school – online safety*

Please contact Alison Hill, District Safeguarding Officer for more help and guidance by calling 07483 362 735 or via email at [safeguarding@sheffieldmethodist.org](mailto:safeguarding@sheffieldmethodist.org)

## Privacy Settings? What you need to know to keep children safe online

Privacy settings are controls available on many websites and apps to limit who can access your profile and what information visitors can see.

When online profiles are created, it's often assumed that they will be private by default. Unfortunately this isn't always the case – many are public until the settings are changed.

Follow these tips to help your child explore the internet safely. If you have an older child who creates their own accounts, use this information to talk to them about how they can use privacy settings

1. CHECK THE AUDIENCE - make sure that personal information can only be seen by small groups of friends.
2. SWITCH OFF LOCATION SHARING - find out how to turn your child's location sharing service off.
3. CHECK THE TAGGING SETTINGS - Social media platforms like Facebook and Instagram have settings which allow you to review photos and information you're tagged in before it's posted to your profile.

To read more go to [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) and search for *A Parents Guide to Privacy Settings*



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and Concerns**