

# What should you do with unpleasant content sent to your child over the internet?



CEOP now have their own Youtube Channel which has links to some fantastic resources for both parents and young people. The content is suitable for a broad age range and should be used to discuss the issues and potential dangers of using online technologies inappropriately.

<https://www.youtube.com/user/ceop>

If your child is ever upset by anything online, they can ask or talk to someone who can help.

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

ChildLine ways to talk <http://www.childline.org.uk/talk/Pages/Talk.aspx> 0800 1111

The Samaritans confidential talk about the hardest things [www.samaritans.org](http://www.samaritans.org)

# Are you happy with your level of Internet safety knowledge?



[www.saferinternet.org.uk](http://www.saferinternet.org.uk)  
[www.childnet.com](http://www.childnet.com)



## **Further Internet Safety Support:**

Cyber Streetwise – “Find out about easy steps you can take to protect your home or business from cyber crime” – <https://www.cyberstreetwise.com/>

Child Safety Online: A practical guide for parents and carers whose children are using social media

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/490001/Social\\_Media\\_Guidance\\_UKCCIS\\_Final\\_18122015.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf).

‘The Parents’ and Carers’ Guide to the Internet’, has been created by CEOP to provide a light hearted and realistic look at what it takes to be a better online parent. <https://thinkuknow.co.uk/parents/>

“The Parents Guide to Technology from the UK Safer Internet Centre has been created to answer these questions and introduce some of the most popular devices, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly”.

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>

Access some digital resilience toolkits to support your children cope with whatever the internet throws at them.

<https://www.internetmatters.org/advice/digital-resilience-toolkit/>

Guides are available on ParentZone to help understand some popular apps, their age restrictions and how to change settings

<http://parentzone.org.uk/advice/parent-guides>

To change Ipad restrictions , watch this walk through video:

<https://www.youtube.com/watch?v=fi6fQUkIK4>

A guide to the social network apps that your child are using:

<https://www.net-aware.org.uk/networks/?order=title>