Keeping your adolescent child safe online

Why is it important to understand online safety for my adolescent child?

Many adolescent children use the internet for education, social and leisure purposes. Children are naturally trusting, curious and keen to explore the web.

Keeping up with, and supervising, adolescent children's online activity can be challenging, especially when they have their own computers, smartphones, tablets and game consoles or they are in other people's homes. Understand the risks yourself and plan before allowing children safe access to the internet.

Today's young people are growing up in a world that is sometimes complicated, so it can be hard for them to live their lives safely on and offline. It is important that young people are equipped with the knowledge needed to make the best use of the internet and technology in a safe, considered, and respectful way, so they can reap the benefits of the online world.

The online world is continually developing and changing at great speed. This can make it difficult for parents of adolescent children to stay up to date with the latest devices, platforms, apps, trends and related threats. It is, therefore, important to know how to support adolescent children to navigate the online world safely and confidently regardless of the device, platform or app.

Where can I get local advice and support?

There are many different aspects of online safety to consider, which are all included in the following websites:

Hampshire:

For Hampshire County Council resources on a wide range of online safety topics including cyber bullying, online gaming and parent controls on mobile devices, please click here.

Isle of Wight:

For resources and advice from the Isle of Wight Safeguarding Childrens Partnership, please click here.

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<u>Where can I get more advice from national resources and support?</u>

The following provides information to parents and carers on apps that young people often use. It also includes advice on how to have conversations with a young people about what online activities they are engaging with, and any support they might need.

Link and /or QR code	*Description*
Parent Zone	**Parent Zone** provides useful information relating to online safety for adolescent children.
Parents & carers | Childnet	A link to the **Childnet** website.
Parents and carers | CEOP Education	**Thinkuknow.co.uk** is a useful website for parents and carers.
Keeping children safe online | NSPCC	A great link to the **NSPCC** website.
Parents and Carers - UK Safer Internet Centre	Information and advice from the **Safer Internet Centre**.

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