

# Keeping Your Family Safe Online

KEEP YOUR **KIDS**  
**SAFE** Online



# Contents:

1. Introduction to Internet Safety
2. Cyberbullying Awareness & Prevention
3. Password Security & Protection
4. Recognising Phishing Emails & Fake Websites
5. Social Media Safety Tips
6. Safe Gaming Practices for Children
7. Screen Time & Healthy Digital Habits
8. Useful Resources & Links



# 1. Introduction to Internet Safety

The internet is a powerful tool for learning, communication, and entertainment. However, it also comes with risks. This guide will help you understand the key dangers and how to protect your family online.

## Key Risks:

- Cyberbullying
- Inappropriate content
- Online predators
- Scams and phishing attempts
- Excessive screen time

## Simple Steps to Stay Safe:

- ✓ Talk to your child about online safety regularly.
- ✓ Set up parental controls on devices.
- ✓ Encourage open communication and safe internet habits.
- ✓ Stay updated on the latest online trends and threats.



## 2. Cyberbullying Awareness & Prevention

### How to Identify Cyberbullying

Signs your child may be experiencing cyberbullying:

- Avoiding technology suddenly
- Changes in mood or behaviour after being online
- Withdrawal from family and friends
- Declining performance in school

### How to Respond to Cyberbullying

- **Stay Calm & Listen** – Reassure your child they are not alone.
- **Save Evidence** – Take screenshots of messages or posts.
- **Block & Report** – Use platform settings to block the bully.
- **Inform the School** – If classmates are involved, contact the school.
- **Seek Support** – Contact Childline (0800 1111) or NSPCC.



### 3. Password Security & Protection

#### Creating Strong Passwords

- ◆ Use at least **14 characters** with a mix of letters, numbers, and symbols.
- ◆ Avoid using personal information like names or birthdays.
- ◆ Use a **passphrase** (e.g., "BlueMonkey@River2025!").
- ◆ Enable **Multi-Factor Authentication (MFA)** where possible.

#### Common Mistakes to Avoid:

- ✗ Using the same password for multiple accounts.
- ✗ Writing passwords down in unsecured places.
- ✗ Letting browsers save passwords automatically.

🔗 [Test your password strength here](https://www.passwordmonster.com)

<https://www.passwordmonster.com>

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## 4. Recognising Phishing Emails & Fake Websites

### How to Spot Phishing Emails

- ▶ Suspicious sender addresses (e.g., "support@amz0n.com").
  - ▶ Urgent requests ("Immediate action required!").
  - ▶ Poor spelling and grammar.
  - ▶ Unexpected attachments or links.
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- ◆ **Hover over links** before clicking to check the real URL.
  - ◆ **Verify through official channels** if unsure.
  - ◆ **Report phishing emails** to Action Fraud (UK's fraud reporting centre).

🔗 [Learn more about phishing prevention](https://www.actionfraud.police.uk/report-phishing)

<https://www.actionfraud.police.uk/report-phishing>



## 5. Social Media Safety Tips

### Safe Use of Social Media Platforms



**Set Up Privacy Controls:** Keep accounts private.



**Know the Platforms:** Be aware of apps your child uses.



**Create Screen Time Limits:** Encourage breaks and offline activities.



**Talk About Online Friends:** Remind children not to share personal details.



**[Guide to social media safety for children](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>




## 6. Safe Gaming Practices for Children

 **Check Game Ratings** – Use PEGI ratings to find age-appropriate games.

 **Enable Parental Controls** – Limit in-game purchases and interactions.

 **Talk About Online Chatting** – Warn children about sharing personal details.

 **Monitor Play Time** – Encourage a balance between gaming and other activities.

 [Find safe gaming tips](https://www.internetmatters.org/resources/online-gaming-advice/)


<https://www.internetmatters.org/resources/online-gaming-advice/>







## 7. Screen Time & Healthy Digital Habits

### Tips for Managing Screen Time

 **Set Screen Time Limits** – Use built-in parental controls.

 **No Screens Before Bedtime** – Encourage a tech-free hour before sleep.

 **Encourage Offline Activities** – Balance screen time with reading, sports, and family time.

 [Healthy tech habits guide](#)

<https://www.mumsnet.com/articles/how-to-set-healthy-tech-boundaries>

<https://parentingpatch.com/10-ways-to-set-healthy-screen-limits-with-kids-according-to-experts/>



## 8. Useful Resources & Links

- **Safer Internet Day 2025:**


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

- **NSPCC Online Safety Guide:**

[www.nspcc.org.uk/keeping-children-safe](http://www.nspcc.org.uk/keeping-children-safe)

- **Childline (Support for Kids):** Call 0800 1111
- **Action Fraud (Report Cybercrime):**

[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

 **Stay Informed, Stay Safe!** This guide was created for parents attending the **E-Safety Fair & Workshops** led by Digital Leaders and Online Safety Experts. By working together, we can keep our children safe online!

 [Download additional resources and flyers here](https://saferinternet.org.uk/guide-and-resource/parents-and-carers)

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



**USEFUL LINKS  
AND RESOURCES**

A network diagram consisting of several blue dots connected by lines, forming a circular pattern around the text.