# **Keeping Your Family Safe Online**



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# **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**

 $\diamondsuit$  Use at least **14 characters** with a mix of letters, numbers, and symbols.

- $\Diamond$  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:**

- $\mathbf{X}$  Using the same password for multiple accounts.
- **X** Writing passwords down in unsecured places.
- ★ Letting browsers save passwords automatically.

#### **Ø** <u>Test your password strength here</u>

#### https://www.passwordmonster.com



# **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.
- **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



# **5. Social Media Safety Tips**

Safe Use of Social Media Platforms

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

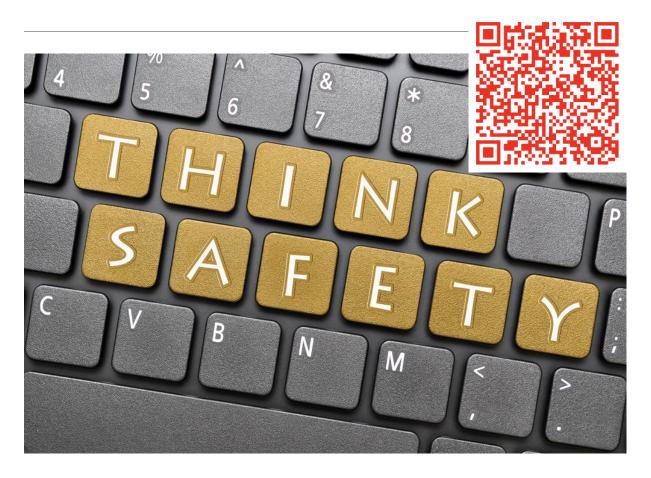
**Know the Platforms:** Be aware of apps your child uses.

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

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

Ø Guide to social media safety for children

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.

*i* Find safe gaming tips

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.

So 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-techboundaries https://parentingpatch.com/10-ways-to-set-healthy-screen-limitswith-kids-according-to-experts/







# 8. Useful Resources & Links

• Safer Internet Day 2025:

www.saferinternet.org.uk

• NSPCC Online Safety Guide:

www.nspcc.org.uk/keeping-children-safe

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

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!

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

