

Today, young people are exposed to the internet from an early age. There are thousands of apps that children can download to a smartphone or tablet – most are harmless but some are inappropriate for young people or pose risks.

Below, there is information regarding keeping your child safe on the internet and what dangers are prevalent today. This information is targeted to you however please feel free to share with your child/ren what you feel would be beneficial and appropriate.

NSPCC - Worried about a child?

If you're worried about a child, even if you're unsure, contact our helpline to speak to one of our counsellors. Call us on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk

UK Safer Internet Centre - It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

1. *Ask your children to tell you about the sites they like to visit and what they enjoy doing online.*
2. *Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?*
3. *Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.*
4. *Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.*
5. *Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?*

Did you know, all of the apps your children are accessing have an age restriction? For a full list, please visit <https://www.net-aware.org.uk/>

Here are some of the common apps and the age restrictions:

Zoom 16+

TikTok 13+

Whatsapp 16+

AmongUs 7+

Instagram 13+

Fortnite 12+

Twitter 13+

Minecraft 7 +

Snapchat 13+

Pokemon Go 13+

Facebook 13+

GrandTheftAuto 18+ **This game is for over 18s and contains adults themes, including violence, sex and drug use.**

These apps can be great for children. They get to speak with friends and have fun. However, the age restrictions are there for a variety of reasons. These can be because the content might include themes of drug use and sexual violence, or they might be because they allow access to connect with people they do not know.

Using these apps may increase the likelihood of suffering from online abuse. Types of online abuse include

- Cyberbullying
- Emotional abuse
- Grooming
- Sexting
- Sexual abuse
- Sexual exploitation

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National Online Safety, have created many documents for Parents, that share information about children on the internet and how we can help keep them safe.

<https://nationalonlinesafety.com/guides>

Below, is information regarding one of the biggest apps at the moment, TikTok. We know many students at school access this app and although it was originally aimed at children, it has quickly changed into an open forum for inappropriate content and has widened opportunities for people around the world to connect and contact your children.

If you need any more information regarding Internet safety or you're worried about a child, please feel free to contact the above contacts and/or the school.