

# Staying Safe Online

## Advice for parents/carers

Social Media and the Internet are now an everyday part of our lives and although it can be a great way to stay connected with friends and family and indeed the world, we need to be careful about the personal information we share and aware of the risks we can face.

### Guides to social media sites

National Online Safety provides [Guides](#) to parents and carers to help understand individual social media sites and online safety in general. In order to access some of the guides, you will have to register with the site.

### Filters

The UK Safer Internet Centre provides guides on how to set up [filters](#) on your home internet and also provides [Social Media Guides](#)

### Sexting

Sexting is when a young person sends sexually explicit material to another person. This could include photographs of themselves or others. This can make them vulnerable and could be a crime. The NSPCC provides advice and support on the topic of [Sexting and sending nudes](#)

### Cyberbullying

Cyberbullying is bullying that takes place online. Unlike bullying in the real world, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone. The NSPCC provides advice for parents and carers to help keep children safe from [Bullying](#), wherever it happens.

### Reporting incidents

Thinkuknow is an education programme from the National Crime Agency's CEOP. If you have any concern about your child's safety online or you want to report an incident then access the site [here](#)

### Digital Footprints

A digital footprint is data that is left behind when you have been online. This information can include your IP address, your name, photos you have commented on or shared. It is very easy for a potential bully or a future employer to find out a lot about a person from the trails they leave behind. More information on this can be found [here](#)

**For further support or information on keeping your child safe online, click on the following websites:**

[Internet Matters](#)

[Parent Info](#)

[UK Safer Internet Centre](#)

[Childline](#)

