**🌐 Keeping Children Safe Online – A Guide for Parents & Carers**

At Touch PS, we know how important it is to help children navigate the digital world safely. As technology becomes a bigger part of our children’s lives, it’s essential that we work together to support them in using it responsibly and confidently.

**💡 Top Tips for Staying Safe Online**

Here are some simple ways you can help your child stay safe while using the internet:

1. **Talk Openly and Often**
Make online safety a regular topic of conversation. Ask your child what they’re doing online, who they’re talking to, and what apps or games they enjoy.
2. **Set Clear Boundaries**
Agree on screen time limits and which websites or apps are okay to use. Use parental controls where appropriate to help manage access.
3. **Keep Devices in Shared Spaces**
Encourage children to use tablets, phones, or computers in family areas rather than behind closed doors.
4. **Teach Them to Think Before They Click**
Help your child understand the importance of not sharing personal information, clicking on unknown links, or accepting friend requests from strangers.
5. **Be a Role Model**
Children learn by watching. Show them how to use technology positively and respectfully.

**📱 Supporting Safe Social Media Use**

Many social media platforms have age restrictions (usually 13+), but we know that some children may still access them. Here’s how you can support safe and healthy use:

* **Know the Apps**
Familiarise yourself with the platforms your child is using—whether it’s TikTok, WhatsApp, YouTube, or others. Each has different features and risks.
* **Privacy Settings Matter**
Help your child set their profiles to private and review who can see their posts or contact them.
* **Kindness Counts**
Talk about the importance of being kind online and what to do if they see or experience unkind behaviour.
* **Encourage Balance**
Social media can be fun, but it’s important to balance screen time with offline activities like playing, reading, and spending time with family.

**Digital Safety**

**Parent Guide**

**🔗 Trusted Online Safety Resources**

Here are some excellent websites to help you learn more and support your child’s digital wellbeing:

* NSPCC Online Safety Hub
Advice on apps, games, and how to talk to children about online risks.
* Internet Matters
Guides for parents on setting controls, managing screen time, and understanding social media.
* ThinkUKnow
Age-appropriate resources from the National Crime Agency to help children stay safe online.

Touch Primary and Nursery

A Community with Learning at its Heart

* Childnet
Tools and tips for families, including conversation starters and safety guides.

Together, we can help our children become confident, respectful, and safe digital citizens.