



Professionals Advice Sheet – Online Safety

How can I safeguard young people online?

Keeping young people safe online can be a challenge as it is moving at such a fast pace. [Childnet International](#) have a Hot Topic section. For example, do you want to know about Cyber Bulling, Social Media, Gaming, Live streaming, Sexting.

At the bottom of each section are some brilliant resources you can work through with a young person, class or year group. [Childnet International](#) have a host of [resources](#) for schools, parents and carers and young people. You can also contact the TARGET helpline 07718 003219 or email target@servicesix.co.uk for concerns around CSE and online safety advice. For concerns about 'Sexting and how to respond to an incident' then frontline staff can read [UKCCIS sexting guidance](#).

How do I effectively support parents around online safety incidents?

A [family agreement](#) is a great way to start a conversation with the whole family about how they all use the internet, and to start discussions together around how to behave in a positive way when online, whether this is at home, at school or at a friend's. Make sure children are at the heart of the rule setting and they also have a big say in the consequences. By doing this children are more likely to buy into the agreement and rules.

Concerns around wellbeing, screen time and age limits

There is no official guidance to actually say how long young people should spend online. However, a time limit to screen time is very important. You can work through the [screen time and healthy balance activity sheet](#).

The age limits to access /use /play the following sites and games: Facebook – 13, Instagram – 13, Snapchat – 13, Roblox – 8 and WhatsApp – 13.

Resources and activities to work through with young people

- [A film about consequences of sexting](#) – Childnet
- [Chloe's Facebook page](#) – Childnet – cyber bullying, sexting and safe social networking. Suitable for all ages
- [The dangers of social media \(child predator experiment\)](#) – Coby Persin
- [Online safety quiz](#) – age 11-14 years – NSPCC

- find out more about the top sites, apps and games that young people are playing go to - <https://www.net-aware.org.uk/>

USEFUL WEBSITES:

<http://www.digizen.org/>

<http://www.kidsmart.org.uk/>

<http://www.saferinternet.org.uk/>

<https://digital-leaders.childnet.com/>

<https://www.net-aware.org.uk/>



Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

If a child is ever worried about whether or not to play a game, it's important they speak to an adult they trust. Remember that nobody should pressure a child into playing games that they are not comfortable with. Discuss how children can report inappropriate content using the Report Abuse button. (CEOP report abuse button).