



STAYING SAFE ONLINE (Advice for Parents)

Children across the Scotland are staying at home during the lockdown, with many likely spending more time on their personal internet connected devices. Increasing screen time, whether as a result of digital learning or entertainment, could be challenging for parents as they seek to find balance between establishing a healthy screen time routine and keeping an eye on what their children are doing online.

To help you during COVID-19 and the closure of schools, you can download home activity packs with simple 15-minute activities for your child to support their online safety at a time when they will be spending more time online at home.

www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets

Here are top tips for parents to keep their children safe online:

- **Establish house rules and guidelines:** these can include setting limits to screen time, the type of content a child accesses online through their mobiles and other devices or the appropriate tone of language to use online.
- **Encourage your children to go online in communal spaces:** It will help put your mind at ease about what they are doing, and they'll know they can come to you if they are confused, frightened or concerned.
- **Encourage and maintain an open and ongoing dialogue with your children:** talk about mobile use and experiences online. Maintain an open conversation with your children.
- **Encourage kids to think before they click:** whether they're looking at online video sites, receiving an unknown link in an email or even browsing the web, remind your child not to click on links which may take them to dangerous or inappropriate sites.
- **Look out for harmful content:** from websites to apps, games and online communities, your kids have access to a lot of content that can affect them both positively and negatively.
- **Discuss the risks of posting and sharing private information:** encourage your children to think about the videos, photographs and information they share through mobiles, especially on social media.
- **Use parental control software:** Check with your internet service provider if they provide parental control software, which can help parents create a safe online experience for their kids online by managing restricted sites access, browsing history preview and setting limits screen time.

*This alert was sent out for your information by Police Scotland Safer Communities
Cybercrime Prevention Unit - SCDCyberPreventionNorth@Scotland.pnn.police.uk /
SCDCyberPreventionEast@scotland.pnn.police.uk*

All information was correct at time of distribution. 22/04/2020

Useful Links and further information

Think you Know: An education programme for advice about staying safe when you're on a phone, tablet or computer. www.thinkuknow.co.uk

Home Activity Packs: Download home activity packs with simple 15-minute activities for your child to support their online safety at a time when they will be spending more time online at home. www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets

Internet Matters: Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly. www.internetmatters.org

Project Evolve: Resources to equip children and young people for digital life. www.projectevolve.co.uk

UK Safer Internet Centre: Promote the safe and responsible use of technology for young people and provide online safety tips, advice and resources to help children and young people stay safe online. www.saferinternet.org.uk

Childline: Childline is a free and confidential service for children and young people. You can phone them on 0800 11 11 or you can visit their website www.childline.org.uk

NSPCC: If you are an adult and worried about a child you can call the 24-hour NSPCC helpline on 0808 800 5000 or visit their website. www.nspcc.org.uk

ParentLine Scotland: Call 0800 028 2233 or email: parentlinescotland@children1st.org.uk Parent Line's opening hours are from 9am-10pm (Mon-Fri) and 12 noon-8pm at weekends.

Crimestoppers: Call 0800 555 111 or visit their website www.crimestoppers-uk.org

Police Scotland: Call 101 for advice and support (or call 999 if you think a child is in immediate danger). www.scotland.police.uk

If you require any further Cyber Protect/Prevent information you can contact one of the SCD Safer Comms Hubs in the North & East –

Beverly Bowles & Mike Smith – SCDCyberPreventionEast@Scotland.pnn.police.uk
Gordon Macdonald / Robbie Ross – SCDCyberPreventionNorth@scotland.pnn.police.uk

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