



# Safeguarding Newsletter for Parents/Carers

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## *Staying Safe Online*

**It may feel daunting to talk about staying safe online – especially when your children are using the internet differently to you. The NSPCC have advice and support to help:**

### **Free online safety resources**

From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe. Read our guides below.

### **Start a conversation about online safety**

We have advice about how to start talking to your child about online safety and how to make sure they know they can turn to you about anything that worries them.

### **Book a free online safety webinar**

The NSPCC are offering free webinars for groups of parents and carers, making it easy for you to keep your family safe online. Email us to book your place.

### **Reviews of 80+ apps and platforms on Net Aware**

Get expert risk ratings and age recommendations on our reviewed apps, sites and games. We provide a safety and support rating to help parents make informed decisions. Visit NetAware.

Worried or need some advice?

Whatever your worry, our helpline is here to help. Call us on 0808 800 5000, email help@nspcc.org.uk or fill in our online form to get advice and support from safeguarding experts.

*There are a number of other websites that give information about online safety. One of them is the National Online Safety website which now offers a FREE online safety app that can be downloaded onto your phones. The link below will take you to their website which explains how you can do this.*

<https://info.nationalonlinesafety.com/parentkind>

There are many risks involved in playing games online. The Internet Matters website has information about the risks involved, what signs to look out for and how you can support your children if you think they may become addicted to gaming online.

<https://www.internetmatters.org/resources/online-gaming-advice/online-gaming-the-risks/>

*'Following Christ we reach our goals'*