



CYBERSAVVY

Online Safety advice for Parents & Carers

ADDRESS YOUR OWN DIGITAL BALANCE

Do you spend too much time scrolling on your phone?
Take a moment to review how much time you spend on your
devices.

**Could you 'level up' your digital balance and do more offline
activities together as a family?**

LEARN ABOUT THEIR ONLINE HABITS

Our children and young people have grown up surrounded by digital
devices.

Ask them about their online relationships, who are they talking to?
**How are they keeping themselves safe? How are they promoting
kindness and respect when communicating with others?**

REMEMBER KNOWLEDGE IS POWER

There are so many apps and games that children and young people
are engaging with, as a parent it can be hard
to keep up with them all.

**Check out the organisations below to help you learn what content
they are looking at.**



Download this free app!
It's full of useful content
for parents & carers.

Organisations to Support & Advise

Parent Zone
The Anti-Bullying Alliance
National Online Safety
UK Safer Internet Centre
CEOP
NSPCC

Click the links below
for further information.



Education 'Think You Know' -
<https://www.thinkuknow.co.uk/>

Understanding PEGI age ratings for games -
<https://parentzone.org.uk/article/pegi-games-ratings>

Privacy -
<https://www.ceopeducation.co.uk/parents/articles/a-parents-guide-to-privacy-settings/>

Parental Controls - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Top Tips for Parents & Carers -
<https://swgfl.org.uk/online-safety/10-online-safety-tips/>

