

LET'S CHAT

ONLINE SAFETY

Moray

If you have concerns about the welfare of a child, you can call the **NSPCC Helpline** on **0808 800 5000** or alternatively you can contact **Moray Children and Families Access Team** on **01343 554370** or email **childrensaccessteam@moray.gov.uk**

Support for children and young people is available through **Childline** on **0800 111** or at **Childline.org.uk**



As a parent or carer, one of the most important things you can do to help keep your children safe online is talk to them. It can be difficult to know how to start these conversations, so we've come up with some top tips.



A campaign for online safety by NSPCC Scotland and Moray Child Protection Committee

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1

Be positive and open minded about the internet

It's important to recognise the exciting opportunities that going online can offer children and young people. Although your children may use the internet differently to you, their experiences are still significant. If your child mentions something you haven't heard of, ask them to show you, or explain in more detail. Try to keep conversations broad, and value their opinions when they're talking about what they enjoy doing, to show that you are interested in all aspects of their online world.



2

Talk early and often

The best way to support your child through any online issue is to make conversations about the internet a part of your everyday routine. Talking openly about life online from an early age is a useful way to share messages about online safety and it shows your child that you are someone who knows about the internet and can help them.



3

Create a safe space for conversations

Look for good opportunities to talk. Try talking alongside each other when out for a walk, or when travelling in the car. Face-to-face doesn't always work. Remind your child that they can talk to you about anything, no matter how difficult, and that they will not be judged or blamed. Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.



4

Keep it relevant

As they get older, your children will use technology differently from when they first went online. Their knowledge and understanding will grow too, as will the challenges they may face on the internet. To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have.

5

Be pro-active

Work together to create an agreement - outlining how the internet and devices will be used within the family. It's a useful way to set clear expectations and boundaries for your children. You might include time spent online, who your children can communicate with, or appropriate apps and games. Remind them of the importance of telling an adult as soon as anything happens that makes them feel upset, worried, or uncomfortable in any way.

You can find more information on this and keep children safe online at nspcc.org.uk/keeping-children-safe/online-safety