



Protecting Your Young Person in the Digital World

Welcome to the Parent's Guide to Online Safety! In today's digital age, it's crucial to help your young person navigate the internet safely. This guide offers practical tips to ensure their online experience is secure and positive.



Safeguarding Personal Information

1 Teach Thoughtful Sharing

Encourage your young person to share personal information (like their address, phone number, or financial details) only with trusted websites and people.

2 Promote Strong Passwords

Help your young person create strong passwords using a mix of letters, numbers, and symbols. Advise against using easily guessable information like their name or birthdate.

3 Enable Two-Factor Authentication

Enhance account security by enabling two-factor authentication wherever possible.

Recognise and Avoid Online Threats

Phishing Scams

Educate your young person about the signs of phishing emails, such as unsolicited messages asking for personal information or urging immediate action. Encourage them to check the sender's address and look for spelling errors or unusual links.

Teach your young person to avoid clicking on links or downloading attachments from suspicious emails or messages. Verify the sender's identity through another method if unsure.

Social Media Safety

- Regularly review and adjust the privacy settings on your young person's social media accounts to control who can see their posts and personal information.
- Advise your young person to accept friend requests only from people they know in real life. Be cautious of strangers trying to connect with them.
- Remind your young person that what they share online can be permanent. They should avoid posting anything they wouldn't want their family, teachers, or future employers to see.

Secure Networks

Avoid public Wi-Fi networks for sensitive transactions like online banking. Use a VPN (Virtual Private Network) or wait until your young person is on a secure network.

Ensure that your young person's operating system, antivirus software, and apps are regularly updated to protect against the latest security threats.



Dealing with Cyberbullying and Online Predators

1

Report Suspicious Activity

Make sure your young person knows they can come to you if they encounter cyberbullying, harassment, or any suspicious activity online. Report any concerns to the relevant authorities or the college's Safeguarding Team immediately.

<https://www.escg.ac.uk/support/safeguarding/>

Child Exploitation and Online Protection:

<https://www.ceop.police.uk/Safety-Centre/>

2

Prevent Cyberbullying

Teach your young person to treat others as they would like to be treated online. They should avoid posting or sharing hurtful or offensive comments.

Encourage your young person to support peers who are being bullied and to report any bullying behaviour to a trusted adult or authority.

Show your young person how to use block and report functions on social media platforms to prevent further harassment from bullies.

3

Be Cautious of Online Predators

Advise your young person to be cautious when interacting with strangers online. They should never meet someone in person without first informing you.

Encourage your young person to refrain from sharing personal information, photos, or videos with people they don't know in real life.

If someone online is making your young person uncomfortable or asking for inappropriate information, report them immediately.

Staying Vigilant Against Radicalisation

Understand the Risks

Be aware that some groups may try to radicalise young people online through extreme ideologies or propaganda.

Teach Critical Thinking

Encourage your young person to question the information they come across and verify facts from reliable sources before believing or sharing.

Seek Help

If you suspect your young person or someone they know is being targeted by radical groups, seek help from a trusted professional, organisation and/or the college

Helpful Resources



College Support

<https://www.escg.ac.uk/support/safeguarding/>



Online Safety Helplines

Child Exploitation and Online Protection:
<https://www.ceop.police.uk/Safety-Centre/>



More Tips and Guidance

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

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Stay Informed, Stay Safe!

By following these tips, you can help ensure your young person enjoys a safer and more secure online experience. Remember, their safety and well-being are paramount.