



Tips and advice for parents and carers

With schools closed and government measures in place to restrict people's movements, children and young people are spending more time on the internet and social media.

Norfolk's Safeguarding Children Partnership (NSCP) is here to help parents and carers to be extra vigilant of their children and young people while they're online at home.

Here are a few tips to help families protect their children and young people:

- Please make sure your child or young person is only engaging online with people known to family members.
- Challenge anybody in contact with your child online who you do not know.
- Only allow your child to watch or read online content that is age appropriate. This also goes for phone or tablet apps.
- Young people can take risks and make their accounts public to get more likes. Make sure their account is private and encourage them to always think about who they're adding as friends.
- Teach them the difference between safe secrets and unsafe secrets.
- Know who your child is communicating with.
- Be aware of any images they may be sharing online and their behaviour during online video chats.
- Help to keep them in contact with a trusted adult you have met and know well.
- Be aware of any subtle changes in your child's demeanour or behaviour that makes you uneasy or suspicious.
- Don't allow your child to isolate themselves while they're using the internet.
- Don't pressurise your child or young person into telling you about an incident that may have happened or a perpetrator or attempt to seek revenge against any perpetrator. Please tell the police immediately. They have dedicated officers ready and waiting to help.
- Don't delete any messages, images or other material that you discover on your child's device as it may help a subsequent police investigation. Call the police and let them take it from there.

Please remember you are not alone when it comes to #OnlineSafetyAtHome.

Norfolk Safeguarding Children Partnership (NSCP) is here to help you keep children and young people safe at home. The partnership includes Norfolk Constabulary, Norfolk County Council's Children's Services and Norfolk Children and Young People's Health Services.

You can also find more information, support and advice at:

- Norfolk Safeguarding Children Partnership, www.norfolkscb.org 03448008020
- Norfolk Constabulary online reporting www.norfolk.police.uk/contact-us.
In an emergency, you should call 999. For non-emergencies, please dial 101.
- Lucy Faithful Parents Protect www.parentsprotect.co.uk 08081000900.
- The Child Exploitation and Online Protection Command also has a wealth of online information and advice. Go here: <https://www.thinkuknow.co.uk/parents/>
- The National Crime Agency's website also includes advice about online safety and activity packs for children aged four and over. Visit here: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>