

Online Safety during these challenging times

Top tips for your child whilst distant learning

It's really important that you are keeping yourself as safe online and protected during this time.

- **Treat your distant learning the same as if you were in the classroom**
 - The same rules apply at home whilst working, so avoid distractions (your mobile) and focus on your work
- **Regularly take screen breaks**
 - Get some fresh air, away from anything electrical...
- **Always conduct any video learning in an open space in the family home**
 - Do not ever do them in your bedroom, try the dining room?
- **Always communicate through the correct school platforms**
 - Sending messages and work through your school email or Microsoft TEAMS
- **Get into a routine**
 - Treat it like a school day
 - Get up, washed, changed and dressed to start the day
- **Never share any passwords or any other personal information**
 - Always keep your personal details private!

Reporting abuse (Tell someone, parent, teacher, friend, just tell someone!)

CEOP – Child Exploitation and Online Protection

<https://www.ceop.police.uk/safety-centre>

Advice on online gaming / safety / grooming and Bullying / cyber bullying / child sexual abuse

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

Advice on parental controls www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/

Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

Thinkuknow

<https://www.thinkuknow.co.uk/parents/>

NSPCC

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



Child Exploitation and Online Protection

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP?

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report?

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me?

Online abuse affects many children and young people every day. CEOP has helped thousands of people in need of support.

Make a report

If you have been a victim of sexual online abuse or you've worried this is happening to someone you know, let us know today, and securely.



childline

ONLINE, ON THE PHONE, ANYTIME

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ONLINE AND MOBILE SAFETY

Having a mobile phone and going online is great for lots of reasons. But it's important to be aware of the dangers too. Learn how to stay safe online.

Feeling good on social media
We've got advice to help you feel good when you're using social media apps – like Instagram, YouTube and Snapchat.







Staying safe online
Follow our simple tips for staying safe online.



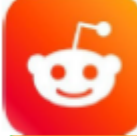




Bullying and cyberbullying
If you or someone you know is being bullied, we're here to help.

Cover your tracks
A guide to keeping your visits to Childline private.

Commonly used Apps and their recommended minimum age (by the app developer), plus a 'Cause for Concern' Heatmap:



Symbol	App Name	Recommended minimum age
	Facebook & Messenger	13+
	Instagram	13+
	Twitter	13+
	Pinterest	13+
	YouTube	13+
	Yubo	13+

Symbol	App Name	Recommended minimum age
	TikTok	13+
	Omegle	13+
	Reddit	13+
	ooVoo	13+
	Facetime	13+
	Snapchat	13+
	WhatsApp	16+