

:: Talk to your child regularly about what they are doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen. You can use these conversation starters to help.

:: Explore your child's online activities together. Understand why they like using certain apps, games or websites and make sure they know what they can do to keep themselves safe.

:: Agree your own rules as a family when using sites, apps and games. You can use this Family Agreement template to help you get started.

:: Manage your technology and use the privacy and parental control settings available to keep your child safe.

*Anyone looking for further online safety advice can contact the O2 NSPCC online safety helpline on 0808 800 5002.*