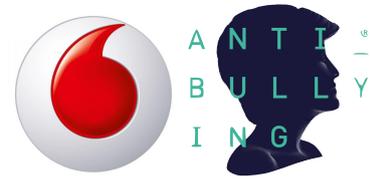


Safer Online: The BVC Anti-Bullying Ambassadors_



TOP 6 ONLINE TIPS_

Do notice positive
behaviour, and
reward it

Be a team -
everyone prefers a
democracy to a
dictatorship

Keep talking (or
texting!) and
discuss digital lives

Help set up online
profiles in a way
that protects your
child

Engage in their
world, and enjoy
the knowledge they
can share

Don't assume they
know everything
about the online
world

4-7
years

Curious explorers_

Taking their first steps into the digital world, it is important to allow them to experience freedom, but safety and tight boundaries are vital

8-12
years

Becoming independent_

Kids are beginning to dive deeper into the world of social media, but age limits won't stop them from taking the plunge

13-15
years

Taking risks_

It is not unlikely that teens at this age will search for and explore sites you don't believe they are ready for, helping them be aware of potential risks - such as extremism, violence, or pornography - can help them make better decisions about what is suitable for them.

Sleeping VS Scrolling_

 Sleep is important for learning and behaviour, growth, and staying happy.

 A lack of sleep can affect growth, and when a sleep problem is resolved, a growth spurt can occur.



Cyberbullying affects one in three children. If your child is affected, or if you need support, visit www.stopspeaksupport.com.



AUTO-LOCK

CHECK: Is your phone set to auto-lock? Protect your device with a pattern, PIN code, password or fingerprint.

PASSWORDS

CHECK: Are your passwords tough enough? Use upper- and lower-case letters, numerals and special characters (!*%). Keep them different for each site.

CAMERA

CHECK: Do you think about what you snap? Images accidentally shared can give away private information, such as location (e.g. school uniforms, street signs and door numbers).

PRIVACY

CHECK: Are you keeping things private? Social media privacy policies and settings change regularly, so check them every term!

LOCATION

CHECK: Have you turned off location-sharing functions? Only leave location-related services on when you need them, and only for those who need them. Otherwise, turn off!

BLOCKING

CHECK: Do you know how to spot trolls and effectively block them? People won't be told you've blocked them, so don't worry about making someone feel bad or angry.

REPORTING

CHECK: Do you know how to take appropriate action? Tell the platform you're using or an adult you trust if something is upsetting you online.

... Your child has seen upsetting or inappropriate content

KNOW: Children of any age can find things online that upset them. This can lead to a whole barrage of questions about anything from violent YouTube videos to world news, sex, or extremism.

REACT: Take your lead from your child: ask them to explain what they've seen. They will have questions, so offer straightforward, honest answers (being careful not to overwhelm your child) to help them deal with whatever has upset them

RECOVER: Leave the conversation open and reassure your child that they can come back to you if they have further questions or concerns.

... Your child has been sexting

KNOW: Sending or receiving sexual images to or from a child is illegal - but context and common sense are important. Schools and police forces have guidelines that allows your child to consider their best interests when dealing with these incidents.

REACT: Stay calm. Your child will be feeling embarrassed and worried, so however tempting it is to get cross, it's important to remain composed and provide reassurance.

RECOVER: Decide who else should be informed and then deal with the practical things that can be done to limit any negative impact. You can find all the info you need at www.thinkuknow.co.uk

... Your child has been trolling or bullying someone

KNOW: The truth is, most children slip into some bad behaviour at some stage in their growing up. It doesn't mean you've done anything wrong or that they're getting into bad habits. It does mean you need to deal with it firmly and quickly.

REACT: Don't be tempted to step in until you have heard every side of the story. Give your child the chance to explain exactly what has been going on and be ready to listen to how they feel.

RECOVER: Make sure your child understands what is and isn't acceptable on and offline, and agree together how they are going to put things right going forward.

