

Child online safety



The internet is a part of all our lives.

Children are growing up in a world where the internet plays an important role, it's a great way for children to stay in touch with friends and have fun. From watching and sharing videos to playing games, messaging to social media. Children are now online more than ever. It's also become an important part of school work and learning. But unfortunately there are risks out there. And it's up to us to help protect them.

Parent Club's "Child Online Safety" campaign is here to give parents the tools they need to help keep their children safe online and to make the most of the digital world.

The campaign is here to reassure and support parents and carers that the same skills they rely on to keep their child safe offline can be used to protect them online. In addition to information, advice, and practical steps they can take to help protect their kids online, this campaign also has lots of advice on how to talk to them and create a space that is safe and supportive so that Scotland's next generation grows up using the internet in a way that is fun, safe, and fulfilling.



Time to talk

For kids today, there's no real difference between online life and offline life. That's why it's so important to teach them how to stay safer online but it can be difficult talking to your child about online safety. And lots of us have no idea where to start. But by finding opportunities to start the conversation we can help our children understand the dangers. By talking regularly about online safety, and by taking an active interest in what they do online, we can make them feel comfortable talking to us about what they are doing and coming to us if things go wrong.

Knowing the risks

Being aware of what your kids do online and talking about it regularly is vital. But we also need to know about the risks that are out there from cyberbullying, seeing disturbing things they shouldn't, sharing personal information, spending money on in-game purchases, to the dangers that come from speaking to people they don't know. The more aware you are the better protected your kids will be.



Protecting children online

There are lots of practical steps to help keep kids safer online no matter what they're doing. Making sure parents have the info they need to set up parental controls on computers, games consoles, phones, and tablets is crucial to helping them protect their children. So is giving them ideas on how to protect their children even when they are out of the family home, where these safety settings might not be in place.

Seeing the signs

It is important that our kids can come to us if they have had a problem online. But they won't always. That means we should be aware of the signs that something is up. Often this means we have to be proactive in talking about what they do online, which can be hard. But if we know the signs to expect when something is wrong, the quicker we can help them.



Aside from setting up parental controls there are lots of things you can do to teach your kids about online safety. We have some ideas you might want to try:

Clear rules

Whatever rules you have at home is down to you. It is important to set boundaries. But children are more likely to follow rules that they understand. So be clear and consistent with the boundaries you set, and explain to your kids how they are there to help keep them safe.

Be interested

Kids love to share the things they are interested in. So ask them about the things they do online. What games do they like to play, what sites do they go to. The more interested you are the more likely they'll be to stick to the boundaries you set and the advice you give them.

Spend time together online

As well as being interested, why not have fun online together. Have a go of their favourite game. Show them some of the cool websites you like to visit. Make online time, family time and not just something they do on their own.

Don't overshare

Your children might not be on social media yet. So before they are old enough it might be time to teach them about the importance of what they share online. Explain to them that as soon as something is posted it's out there forever, so they should always be careful what they share online.

For more ideas and practical steps to help keep your child safe online, visit [ParentClub.scot](https://parentclub.scot)