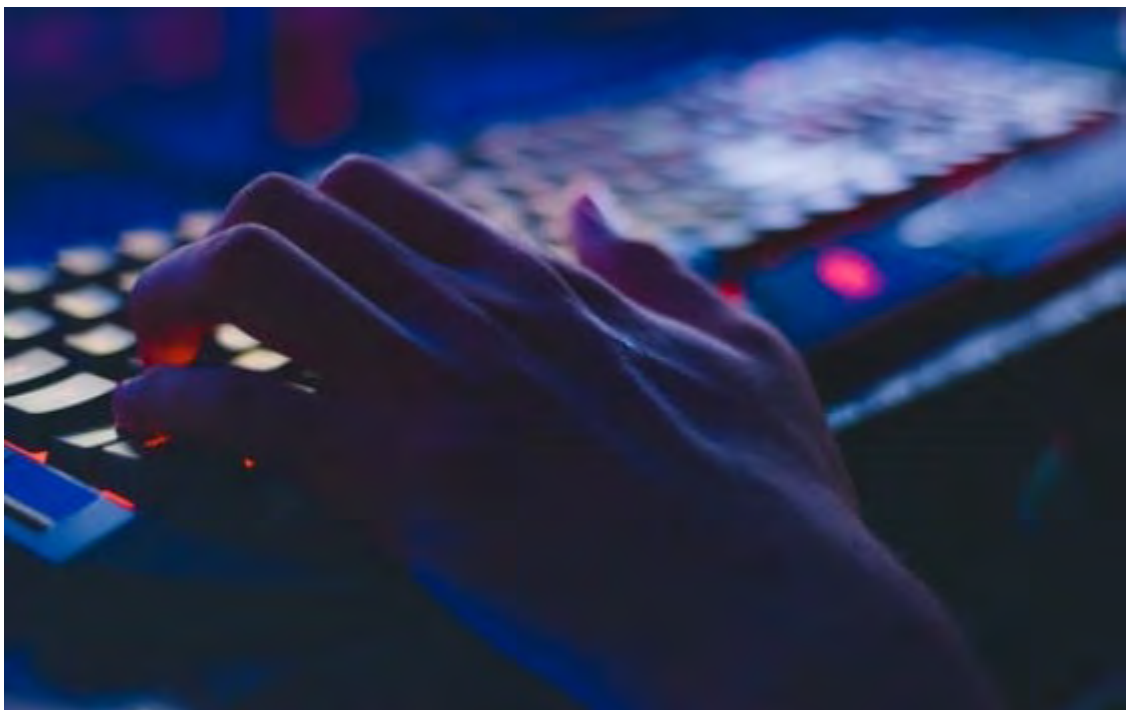




**Norfolk** County Council



## **Parents Guide to Online Safety**

There are many positive aspects to children and young people using the internet but we also need to be aware of the potential risks.

Children and young people go online to connect with friends, to browse the internet for information, watch videos and play games.

We all need to be careful about who we share information with.

### **Cyberbullying**

Cyber bullying is growing fast. It can be done via e-mail, social networking sites or texting, with cyber bullying there is no place to hide. Cyber bullying comes into the home and cannot be escaped.

## What can Parents do?

- Know what your children are doing online and who they are talking to. Ask them to teach you how to use any apps that you have never used.
- Help your children to understand that they should never give out personal details online.
- Help your child to understand that some people might not be who they say they are.
- Always keep communication open for a child to know that it's never too late to tell someone if something makes them feel uncomfortable.
- Let the young people know about organisations such as ChildLine who are there to support them when they need it.
- Help your child to think carefully before posting a picture or video of themselves online.
- Help your child understand about privacy settings and set them as high as possible.

## For more information

<https://swgfl.org.uk/resources/online-safety-guidance-for-parents/> - useful guidance for parents

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media> - government guidance on safety online

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> - guidance from the NSPCC

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers> - really useful information and resources

***The internet is written in pen NOT pencil***

***Think before you post***



## **Buddy Dog Service**

The Buddy Dog service from Guide Dogs is for children with a vision impairment, and their families. Our buddy dogs can have a hugely positive effect on a child's wellbeing – and their family too! They can help to develop a child's self-confidence, improve relationships, and build a greater sense of trust. The service is available for children with a vision impairment between the ages of 5-18 and is operating across England, Scotland, Wales and Northern Ireland.

We are running Buddy Dog Discovery sessions via webinar for parents/carers who would like to find out more. These engaging and informative online sessions will give parents/carers the opportunity to learn more about the service and put their questions to our experts. People are able to book a place on one of these sessions, parents/carers can contact our advice line on 0800 781 1444 – full instructions of how to access the webinar will be provided.

Anyone can contact our advice line directly on 0800 781 1444. You can also find out more on our webpages here: <https://www.guidedogs.org.uk/services-we-provide/buddy-dogs-for-children>

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