

## Message to parents and carers

COVID-19 has changed the 'norm' for everyone. With much of our lives now online, it is important to protect ourselves from the different risks that come from spending more of our time in a digital environment. This is especially important for young people. Luckily, online programs have given opportunities for education to continue throughout COVID-19, but this also means that young people are more vulnerable to online risks than before.

It is important to have regular conversations about staying safe online and to encourage young people to speak to you if they come across something worrying online.

The resources below provide guidance and support for parents and carers on how to talk to your child about a range of online safety issues, as well as set up home filtering and age-appropriate parental controls on digital devices:

- [Thinkuknow](#) provides resources for parents/carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) provides digital support and guidance for parents/carers from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) has [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)