



Staying Safe
(/staying-safe/)

> Staying Safe Online (/staying-safe/staying-safe-online/)

> (/staying-safe/staying-safe-online/)
E-Safety - Older Children

Staying Safe In The Home

E-Safety - Older Children

Young people enjoy using technology. Many regularly go online to play games, use apps, make video calls to friends or family members, watch videos and their favourite TV shows or films and listen to music!

Remember whilst most young people have their own tablets, computers and mobile phones or are able to use their parent's or friends and can regularly communicate with people that they know and have met face-to-face or people they have met online.



There are lots of different ways to communicate - it can be through pictures, videos, talking to each other or writing messages.

It is important to understand about the internet. The internet is unmanaged, this means that any person can add information, images and videos, and no one person is checking that this is appropriate for others to access. It also means that there is nothing stopping a young person accessing and watching things that are aimed at adults.

(EOP Education

[Thinkuknow \(https://www.thinkuknow.co.uk/\)](https://www.thinkuknow.co.uk/) is an education programme which protects children both online and offline. There are different websites for different ages, with advice about staying safe on a phone, tablet or computer.

Dive Deeper

E-Safety Tips Videos

This 'Internet Matters' video talks about what you can do at home to keep computers, tablets and phones safe and gives e-safety tips for parents of teens.

Young People Online

Teenagers are risk takers, it is in their nature and as parents this is something we are unable to stop.

Instead it is important to get involved and play an active part in their online lives. Talk about issues that may occur online. Normalise the topics, talk about them openly and regularly. The internet and technology are something that your children are surrounded by and it is safer for you all to understand it.

It may feel embarrassing, but by making the subjects less secretive your child will be more likely to come to you for help and support if needed.

Some of the top issues young people can face online;

Sending images and videos

It is important to understand that anything your child uploads or send to others, could be forwarded on to many other people. The images and videos could then spread online and they may not have control over who sees it, downloads it or watches it.

Online grooming

It is easy for young people to have conversations online with people they don't know.

Easy access to inappropriate content

Cyberbullying

Bullying that happens online. This includes through social media platforms, apps and online games.

As parents, it's natural to be concerned about children and teenagers spending long periods at their computer or video gaming console. As it's a fairly new phenomenon for most of us, we can't rely so much on comparisons with our own childhood experiences, and it can be difficult to know exactly what is healthy and what might constitute a video game addiction.

Talking To Your Child

4 key points when talking with your child about staying safe online;

- People you don't know are strangers – they may not be who they say they are.
- Keep your personal information private. You don't need to tell people your full name, age, school or address.
- Trust your instinct – If your child gets an 'uhoh' feeling in their tummy about something that is happening online or on social media tell an adult that they trust or report it.
- Be nice to people, the same as you would in school or out and about.

Staying Safe online

It is important as a parent that you know how to keep your child safe online by blocking upsetting or harmful content they may see.

If you have specific concerns;

- Find the right time and place – make sure you are both comfortable and won't be interrupted.
- Let your child know why you are worried – be honest and tell them what is worrying you and what you have noticed to make you feel worried about them.
- Give them time to talk, it can sometimes feel easier to fill the silence but your child may need time to open up.

What if my child does not want to talk?

You can't force them to talk but don't give up. Try again at another time. Remember to be patient and ready to talk if they change their mind. Identify a safe person they could talk to that is not their parent – sometimes young people may find it easier to ask someone that isn't you.

If you are concerned that your child is in immediate danger call 999.

If you cannot make voice calls, you can now contact the 999 emergency services by SMS text from your mobile phone. Emergency SMS is part of the standard 999 service which has been designed specifically for people with hearing loss or difficulty with speech.

Social media is often a big part of a young person's life and it can often feel that they are glued to their phones. As a parent/carer if you are worried about who your child is contacting on their phone, talk to them. You can always check who they are messaging.



It can be hard to understand all of the current social media platforms,
Also in this section...

E-Safety - Younger Children

→ (</staying-safe/staying-safe-online/e-safety-younger-children/>)

E-Safety - Older Children

→ (</staying-safe/staying-safe-online/e-safety-older-children/>)

Staying Safe Online

→

(</staying-safe/staying-safe-online/>)

Staying Safe

→

(</staying-safe/>)

If you are 11-19 you can text **ChatHealth** on **07480635060** for confidential advice from one of our team.

Still Worried / Need More Help? (</our-services/still-worried/>)



Need More Information

NSPCC Parental Controls

→ (<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>)

Advice on Social Media and Online Games

→ (https://www.nspcc.org.uk/keeping-children-safe/online-safety/?utm_source=NetAware&utm_medium=redirect&utm_campaign=hub)

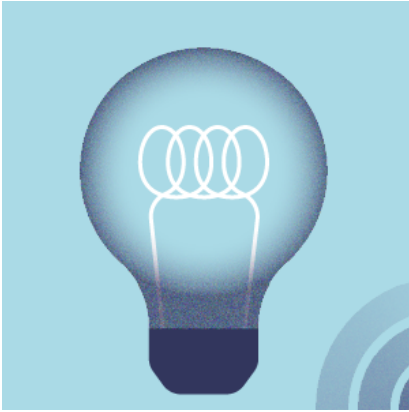
Think u Know - Advice About Keeping Safe Online

→ (https://www.thinkuknow.co.uk/11_13/Need-advice/)

Digital 5 A Day

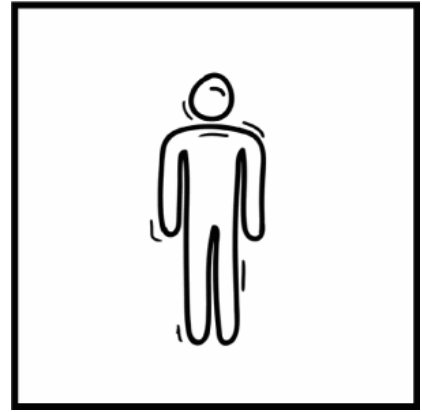
→ (<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>)

Other Useful Pages



E-Safety - Younger Children

(/staying-safe/staying-safe-online/e-safety-younger-children/)



Staying Safe Around Others

(/staying-safe/staying-safe-around-others/)

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Email address




Password

[Forgot password? \(/reset-password/\)](/reset-password/)

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