

The background features a stylized, light grey line-art illustration of a city skyline. On the left, a tall skyscraper with a pointed top is prominent. In the foreground, a superhero figure in a blue suit with a red cape stands on the roof of a building. The rest of the skyline consists of various rectangular buildings of different heights and widths.

Top Tips

For parents and carers

1. Set boundaries for time and behaviour
2. Think about the 'Ladder of Trust'
3. Engage with their online life, show an interest in their games, friends and interests
4. Reward good behaviour and notice when they do right thing!
5. Use parental controls
6. Review your family rules every 3 months or so
7. Have at least an hours screen free time before bed
8. Be a safe place to fall if your child needs help

 **i-vengers**

Learn to be a hero.

A stylized line-art illustration of a city skyline. On the left, a tall skyscraper with a pointed top (resembling the Chrysler Building) stands prominently. A small silhouette of a superhero with a red cape is perched on the roof of a building in front of it. The rest of the skyline consists of various rectangular buildings of different heights and window patterns, all rendered in a light gray line-art style.

Help and Support

Useful websites

1. The NSPCC '[Net-Aware](#)' website for information about particular apps and games
2. [Internet Matters](#) for setting Parental Controls and issue based advice (bullying, gaming etc)
3. [Parentzone](#) for Digital Parenting advice
4. [CEOP](#) to report online sexual abuse or concerns that your child is being targeted
5. [Report Harmful Content](#), a second line of defence when in-game or in-app reporting doesn't work

The online world needs heroes...

Heroes like you!



Traci Good

01332 314131 | traci@i-vengers.org.uk | @onlinesafetyhub | i-vengers.org.uk