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

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Learn to be a hero.

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!

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