



"Talk to your child about the risks of sexting and how to keep safe. If sexting goes wrong and a sexual image is shared, it can be devastating for the child and support from parents is crucial. Childline provides confidential advice for children on the phone and online 24/7, and can even help get a sexual image removed from the internet."

John Cameron OBE, Head of helplines, Childline, the free and confidential advice service for children www.childline.org.uk
Telephone: 0800 1111; Parent helpline: 0808 800 5000

"Explore with your child how they can report to their favourite site/app. It can be reassuring for both of you, and it's an opportunity to reiterate to your child that they can come to you if something online has made them feel worried or upset."

Marie Smith, Head of Education, CEOP, the child protection branch of the National Crime Agency www.thinkuknow.co.uk



"Don't let devices get in the way of your parenting or let the tech make you feel you're not in control. The parenting techniques you use to get them to do their homework or eat their veg work for digital rules as well."

Vicki Shotbolt, CEO, Parent Zone, the UK's leading parenting organisation specialising in the digital world www.parentzone.org.uk



"Parents need to know the modern troubles today's kids face. So, get out there and explore the sites and apps your kids use. If you know nothing of Snapchat or 4chan you won't be as ready or capable to help."

Jamie Bartlett, author, *The Dark Web*, and director of The Centre for the Analysis of Social Media for the UK cross-party think-tank, Demos



"Encourage your child to watch *Catfish: The TV Show. Each episode, the presenters check the identity of someone a young person has befriended, often romantically, on social media. It's the best thing I've seen for explaining to kids in their own language that people they meet online may not be who they say they are."

Eleanor Levy, editor, Parent Info, a free news and advice service for parents that schools can run on their own website www.parentinfo.org. **Catfish: The TV Show* is rated 12. See p40 for our article explaining ratings.

Just one thing

If you could give parents one piece of advice to keep children safe online, what would it be? **Megan Rose** asked the experts

"There are no set guidelines for how much screen time is appropriate for children, but there needs to be a balance. Don't be afraid to have rules, like 'no tablets at the dinner table'. For younger children, use tech to help; the Forest app lets you grow a beautiful forest the longer you leave your device alone. And lead by example – make time to be a gadget-free family."

Carolyn Bunting, CEO, Internet Matters, an independent, not-for-profit e-safety organisation www.internetmatters.org



"Be curious and ask your children to talk about, or better still, show you, the services they are using and why they love them. Starting the conversation is key, both to help ensure that children know how to stay safe and respect others online, but also so they turn to you if someone or something online is making them feel uncomfortable."

Will Gardner, CEO, Childnet International, and a Director of the UK Safer Internet Centre www.childnet.com



"From time to time, sit down with your children, gather in all their devices and ask them to take you through every app explaining what they do, who they speak to or connect with and which websites they visit. If your parental antennae start to tingle, delve deeper."

John Carr, internet safety and security expert, and member of the executive board of the UK Council for Child Internet Safety

Just one thing...

On page 8, experts give their tips for keeping safe online. Here, parents and children get their chance to share

"I talk to my kids about how to stay safe and be responsible online. They also know that if something upsets them or goes wrong, they can bring it to me and I won't be angry. We can't expect kids to tell us about a problem if the response might be to punish them."

Jenny, mum of two, aged 6 and 9



"Don't stop your child from going online and don't block everything that might interest them."

Jess and Sofia, 14



"Share your knowledge about how to keep safe and your expectations for kind and positive behaviour. Be a good role model in everything, from privacy settings to the content of your posts."

Katie, 12

"Know where your child goes online, what she is doing and who with."

Gwen, 11

From children to parents

"Have rules which you both agree to, such as no devices during dinner or in the bedroom, limited use of devices when you have visitors, only one hour of screen-free time before bed, and no pictures of others unless they have agreed."

Joy, 15

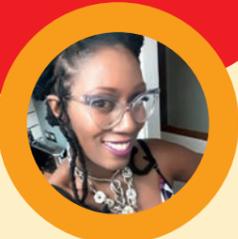
"Don't wait until there's a problem before you start talking about it."

Hope, 15

From parents to parents

"I encourage my children to use the internet but maintain an interest in what they're doing. I stay as involved as I can in their online life and keep an eye on where they go and what they enjoy doing the most."

Molly, mum of two, aged 4 and 9



"It's important to let my 12-year-old son have some privacy when he's on the computer, so he doesn't feel the need to hide away or go on secretly. I show an interest in what he does and never dismiss its value. We talk about safety and responsibility. Realistically, I can't monitor his entire use and, indeed, don't want to."

Pankaj, dad of three, aged 8, 12 and 14



"I make an effort to be on the latest social-media platforms, or at least to understand them. Then, I've got a broader view on what the risks and rewards are, so I can have a better conversation with my children about them."

Adele, mum of twins, aged 9



Thanks to pupils from Alfriston School for their wise words