



- Talk regularly with your child about what they like to do online
- Find out what apps, games and sites they use or would like to use
- Use the social web framework to consider the benefits and dangers in each of the four areas
- Support your child to be safer on the apps, games or sites you decide are suitable for them to use



### Gaming: what's appropriate for your child? (PEGI ratings)

[www.thinkuknow.co.uk/parents/articles/gaming-whats-appropriate-for-your-child](http://www.thinkuknow.co.uk/parents/articles/gaming-whats-appropriate-for-your-child)



### Personal information: a guide for parents and carers

[www.thinkuknow.co.uk/parents/articles/parents-guide-to-personal-information2](http://www.thinkuknow.co.uk/parents/articles/parents-guide-to-personal-information2)



### Online contact and staying safe

[www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe](http://www.thinkuknow.co.uk/parents/articles/online-contact-and-staying-safe)



### In-game chat: what parents and carers need to know

[www.thinkuknow.co.uk/parents/articles/in-game-chat](http://www.thinkuknow.co.uk/parents/articles/in-game-chat)



### Is your child ready for social media

[www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media](http://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media)



### What is sexual grooming

[www.thinkuknow.co.uk/parents/articles/what-is-sexual-grooming](http://www.thinkuknow.co.uk/parents/articles/what-is-sexual-grooming)



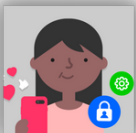
### Social networks made for children

[www.internetmatters.org/resources/social-media-networks-made-for-kids](http://www.internetmatters.org/resources/social-media-networks-made-for-kids)



### Age appropriate apps for children and young people

[www.internetmatters.org/hub/guidance/child-friendly-apps-your-children-will-enjoy](http://www.internetmatters.org/hub/guidance/child-friendly-apps-your-children-will-enjoy)



### Social media top tips

[www.internetmatters.org/resources/social-media-top-tips-cards](http://www.internetmatters.org/resources/social-media-top-tips-cards)



### Social media privacy guides

[www.internetmatters.org/parental-controls/social-media](http://www.internetmatters.org/parental-controls/social-media)

## Help for your child



Report concerns about online sexual abuse to the CEOP Safety Centre  
<https://www.ceop.police.uk/Safety-Centre>

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Call or message Childline if they are worried and want someone to talk to.