RICHARD LANDER SCHOOL / PARENTS AND CARERS

Safer online. Together.



Small steps. Open conversations.
Support when you need it.

Keep talking. Keep listening.

Ask about games, apps and online friends. Listen calmly and without blame.
"You can tell me if anything online worries you." Check in regularly.
Explain the reasons for rules and review them together as they grow.

Set up their devices

Use **Google Family Link** or **Apple Screen Time**. Set app approvals, age limits and downtime. Keep the control passcode private. Review settings when they get a new device.

Gaming and group chats

Check who can message, add or locate them. Review voice chat and in-game spending. Practise blocking and reporting. Remind them not to share personal details or private images.

Agree healthy boundaries

Agree time for sleep, homework and offline activities. Try device-free meals and charging phones outside bedrooms overnight. Set an example with your own screen use.

Put a PIN on it

Set child profiles and age ratings on streaming services. PIN-protect adult profiles, purchases and Smart TV settings where available. Change default PINs and check each app separately.

Check the home WiFi

Ask your broadband provider about parental filters and switch on suitable settings. Check mobile data separately. Filters cannot catch everything inside apps, games or chats.

Pause before clicking

Talk about fake giveaways, urgent messages and impersonation. Check requests another way before paying or sharing information. Never share passwords or verification codes.

Something worrying happened?

Stay calm. Listen and reassure them. Do not forward sexual images of under-18s.
Bullying or upsetting content: report in the app and tell the school.
Sexual abuse or grooming: report to **CEOP**. **Immediate danger: call 999.**
Childline: 0800 1111 for young people | **NSPCC: 0808 800 5000** for adults.

All the help in one place

Scan for NSPCC guidance, Childline, CEOP, device controls and TV / streaming settings.

richardlander.co.uk/parents/internet-safety/