

Staying safe online during COVID-19 pandemic

During these unprecedented times, we are using the internet and online services such as social media, learning platforms and online gaming services more frequently than usual. Being online is providing a lifeline for everyone in society from the old to the young, workers and learners, and the vulnerable and curious. This is probably, therefore, a good time to remind ourselves of a few key points to keep safe online.

THINK BEFORE YOU SHARE

Talking with children and young people about the pandemic

Your child may be curious, confused and/or eager to understand during this global emergency. One way to answer your child's question may be a discussion. This resource [ParentInfo](#) provides you with some tips that will support you with starters to conversations about COVID-19

Embrace social media through good practice

Your child may use social media already to communicate with friends and family. While we are self-isolating this is a great way for them to do that. However, we must remember key rules:

- Do not befriend people we do not know
- Ensure we do not share passwords / private information with people we do not know.
- Do not share pictures online
- Shut down any conversation you feel uncomfortable about

Learning from home

Some of your teachers might be sending work home in the post or trying to working online with you. Ensure that you plan your day well while at home and develop a routine

For example, plan each day which allows for online games, school work, reading, watching TV, exercising, and catching up online with family and friends.

KEEP INFORMATION PRIVATE

Online Scams

Your child may encounter many 'amazing' offers while browsing the internet through pop ups or adverts on webpages.

These will often ask them to put in personal information, and usually end up not getting the prize.

Following safety by encouraging children to avoid these adverts and pop ups as they are not real