

## Professionals Advice Sheet – Online Safety

### Keeping on top of the latest trends

#### How can I safeguard young people online?

Keeping young people safe online can be a real challenge as it is moving at such a fast pace. However Childnet International have a [Hot Topic](#) section. At the bottom of each section are some brilliant resources you can work through with a young person, class or year group. Childnet International also have a host of fantastic [resources](#) for schools, parents and young people. You can also contact the TARGET helpline on 07718 003219 or email [target@servicesix.co.uk](mailto:target@servicesix.co.uk) for concerns around CSE and online safety advice. If the concern is around sexting, follow the UKCCIS [sexting guidance](#).

#### How do I effectively support parents around online safety incidents?

Assist the family and young person to put a [family agreement](#) in place. Family agreements are a great way to encourage boundaries and communication within the home. Blocking or removing phones, tablets or consoles often exacerbates the problem and could encourage secretive behavior. Make sure children are at the heart of the rule setting and they also have a big say in the consequences. By doing this children are more likely to buy into the agreement and the rules. The agreement needs to be stuck to by the family and changed over time if necessary, and make sure the 4'D's (below) are embedded within the agreement.

#### Concerns around wellbeing and screen time

There is no official guidance to actually say how long young people should spend online. However a time limit to screen time is very important. You can work through the [screen time and healthy balance activity sheet](#).

#### Resources and activities to work through with young people

- [Exposed](#) - Sexting video for 14-18 year olds
- [Just send](#) - Childnet International – Sexting resource 12+
- [Chloe's Facebook page](#) – Childnet International covers cyber bullying, sexting and safe social networking. Can work with all ages.
- [Think you know](#) – Consequences -a online grooming resource 11-13 year olds
- [Coby Persin](#) – YouTube: Facebook experiment with Grooming/meeting children.
- [Catfish](#) – MTV and Youtube is well worth exploring with young people.
- [NSPCC](#) – Online safety quiz for all ages

#### Me or my team would like further advice or more training around online safety?

You can get further advice, training and support from Northamptonshire County Council's Online Safety Advisor.

 [onlinesafety@northamptonshire.gov.uk](mailto:onlinesafety@northamptonshire.gov.uk)

#### Supporting setting up and implementing the 4 D's at home is vital

- **Digital free zones** – keep technology downstairs
- **Digital role models** – parents lead by example online and with digital usage
- **Digital sunset** – young people need to come away from technology 1 hour before they go to sleep
- **Digital detox** – As a family try a gadget free day or hour

