

Helping Children To Stay Safe Online.

Easy Read Version



This easy read information was produced for Parent Club by CH Consultancy on behalf of Values Into Action Scotland



Values Into Action
Scotland



Children are growing up using the internet.



It is a great way for children to:

- talk to friends
- have fun



They use it all the time to:

- Watch and share videos
- play games
- send messages
- use social media



It is also important for school and learning



There are risks using the internet. It is up to us to keep children safe.



Parent Club's Child Online Safety campaign helps parents to keep their children safe online.



Parents and carers can use the same skills to keep children safe online and offline.



The campaign will also give you advice on ways to talk to your child about internet safety.

This way we can make sure Scotland's children can use the internet:



- safely
- having fun
- in a satisfying way



Children see no difference between life online or offline.

Lots of us have no idea how to talk to children about keeping safe online.



Finding ways to talk to them about it and being interested will help them to:

- feel better talking to us about what they are doing
- come to us if something goes wrong



It is also important that kids understand about:



- online bullying
- seeing things children should not see
- sharing personal information
- spending money on in game items
- speaking to people they do not know

The more they know the safer they will be.



Parents can get information on how to set up controls on:

- computers
- tablets
- game consoles
- phones



It is good for parents to know how to do this outside of the home.

Safety settings might not be in place there.



Children will not always come to us if something is wrong. We need to look out for the signs.



This means we can help them sooner.
There are some ideas you can try.



Give children clear easy rules to follow and that they understand.



Spend time online together and have fun.

Show them some of the websites you like to visit



Show them you are interested in what they are doing.

Ask them about what they do and about their favourite sites and games.

Have a go at their favourite game.



Showing you are interested will help them stick to the rules you have given them.



Teach your child not to overshare.

Help them to understand once something is posted, it is out there forever.



For more ideas and help to keep your child
safe online visit
ParentClub.scot