Screenshot For Evidence



Teach them to screenshot cyber bullying or inappropriate messages they receive, then block the user. These are needed when making any type of reports be it to school or CEOP (Child Exploitation and Online Protection Centre), who are a branch of the police that deal with online crimes against children (e.g. online grooming).

Where to go for Help?

When you need more support

Reporting Issues:

CEOP: Reporting online grooming and online abuse.
https://ceop.police.uk

NSPCC: Parent safety advice.

Ofcom: Report harmful websites and inappropriate content.
https://ofcom.org.uk

Your School: Your first port of call. Offering direct support and links to specialist help.

Mental Health & Wellbeing

MIND: General mental health advice.

Calm Harm: App for managing self-harm.

Shout: 24/7 Crisis Support (Text: "SHOUT" to **85258**).

Childline: Confidential 24/7 support for kids (**0800 1111**).

Online Safety Resources:

National Online Safety (NOS): Excellent guides and information about apps, sites and games written for parents! *Some are in our QR!*
https://nationalcollege.com



Our QR! Links & leaflets to support you!
https://bit.ly/TIO_ParentResources

February 2026

NAVIGATING THE DIGITAL LANDSCAPE:

Parents quick reference guide



Scan QR Code for our Digital Safety Toolkit

Online Safety is broken into 4 areas. We call these the 4C's:

1 Content
What we see



2 Contact
Who we talk with



3 Conduct
How we behave



4 Commerce
What we buy/sell



turn IT on
Transforming Learning Group

Noddy Black
Computing Curriculum Expert

What Can I Do Now?
Prevention is better than a cure!

Family Agreement



These are rules you agree upon as a family, such as screen time limits, what apps are okay, how we treat others online, and consequences for deliberate misuse. This is a living agreement, that changes as your children gets older, or as issues occur. It helps you to keep talking about your online lives.

But, if your rules say, no phones out after 8pm that means you too (or at least until they are in bed). *Find a template for this in the QR!*

Tech Free Times

Set "**Unplugged Moments**" for your family's device usage, especially at meals and bedtime (e.g., *No tech at the table except Tuesdays*). This protects sleep and keeps family time sacred. The earlier you start these habits, the easier they are to maintain. **Remember**: Be seen to follow these rules yourself, too!



Privacy First



Check account settings are set to **Private** by default and that Location Services (like Snap Map) are turned off to prevent sharing their real-time position. **Remember** don't share personal information (real names, ages, phone numbers or locations) when online. Don't let your children know you **passwords** or passcodes. Change these if they do, or if you think they might know them!

Parental Controls

Social Media Apps: Link your account to your children's account within the settings of each app, giving you greater control over what children do and see, this also activates that app's safeguarding policies on content and contact that your child can access. *How2 Guides in the QR!*





Consoles: Use **PlayStation** or **Xbox** Family Settings to limit play time, spending, set age restrictions, and contact settings *More information in the QR!*

Mobiles: Setup Apple Family Sharing or Google Family Link to approve apps, and set screen time limits. *See QR for details!*

Home Wi-Fi: Turn on provider's "Whole-Home Filter" to block adult content. *Call your internet provider for more support!*

But What If?...
Responding when something happens!

No-Blame



Tell your child: *"If you see something upsetting or make a mistake, come to us. We won't take your phone away; we will fix it together."*
Fear of losing their phone is the #1 reason kids hide online trouble. This then snowballs into something they can no longer handle!

Pause Button

The 5-Minute Reset: If things get heated or "weird" online, teach them to put the phone face down and walk away. **Parents:** Do the same if they bring you a problem, stay calm in the moment and vent later. Keep that door open!

