

Online Safety: Hints & Tips for Parents/Carers

March 2025

1. A great site to help you lock your social media setting is:
WWW.INTERNETMATTERS.ORG
There is a Social Media section on their page which provides a 'step by step' guide on how to set the security setting for each site.
2. If you receive a suspicious text message forward it to **7726**
3. If you receive a suspicious email, forward it to report@phishing.gov.uk
4. You can check to see if your data has been lost by checking your email address or phone number at: <https://haveibeenpwned.com>
5. Protect your online world with good strong passwords. Good suggestions are available at 'Three Random Words' <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-words>
6. Use this free password checker to see if your current password is any good!
<https://www.security.org/how-secure-is-my-password>
7. Use <https://www.truecall.co.uk/> for reducing unwanted incoming calls.
8. Dialling **159** will automatically connect you to your bank's fraud prevention service. If you suspect someone is trying to trick you into handing over money or personal details, hang up and call 159 to speak directly to your bank!
9. Family Link <https://familylink.google.com> . If you have a Google account you can monitor individual devices in the home and turn off internet access to individual devices.
10. ReThink [ReThink - Before the Damage is Done](#)
11. [Report Remove | Childline](#) – Help having indecent images removed from some Social Media servers.
12. [Smartphone Free Childhood](#) – Support for parents.

Always report any suspicious activity online, particularly if you are concerned with content your child has seen or if someone has been speaking to your child that you do not know.

All Social Media Sites contain adult material, so negotiating Social Media can be difficult for a child, as no social media sites are designed for children.

Further information and support can be found on:

<https://www.iwf.org.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://www.nspcc.org.uk/>