

Online Safety Advice

Please see below a list of various online resources to help keep you and your child safe when using the internet while also helping you to improve your own personal cyber security.

Keeping your child safe online

These are websites to help keep children safe while using the internet.

<https://www.thinkuknow.co.uk/>

Has home activity packs which include interactive games and videos to watch with your children, all designed for different age groups. Thinkuknow aims to empower children and young people to identify the risks they may face online and know where they can go for support.

<https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf>

This is an online Internet Safety Guide for children with learning disabilities and autism.

<https://www.ncsc.gov.uk/guidance/social-media-how-to-use-it-safely>

This NCSC webpage has useful links on how-to guides for security and privacy settings on social media platforms.

<https://www.ncsc.gov.uk/guidance/online-gaming-for-families-and-individuals>

This NCSC webpage has information on how to stay safe while gaming online.

<https://www.net-aware.org.uk/>

Recommended by the NCSC and set up by the NSPCC in partnership with O2, this website gives reviews of social networks, games and apps most used by children and young adults, such as TikTok and Fortnite.

<https://www.getsafeonline.org/northumbria/>

There's a section dedicated to Safeguarding Children online.

<https://www.bt.com/tech-tips>

BT have joined up with ITV and created Top Tips on Tech to help individuals learn about different technologies. They have a section specifically around 'How to keep your kids safe online' where you can also download an online safety guide.

General cyber protect advice

These resources contain guidance around how to improve your own personal security.

<https://www.ncsc.gov.uk/>

The National Cyber Security Centre (NCSC) website contains cyber security advice for:

- Individuals and families
- Self employed and sole traders
- Small and medium sized organisations
- Large organisations
- Public sector
- Cyber security professionals

<https://www.ncsc.gov.uk/cyberaware/home>

The NCSC also have a link to their Cyber Aware web page which is the UK government's advice on how to stay secure online during coronavirus.

<https://www.internetmatters.org/>

This has been set up in partnership with all the major media and internet service providers such as the BBC, Sky and Virgin Media. There's an advice hub which is updated regularly with videos and articles along with age-group specific sections which tackle all aspects of internet safety.

<https://www.youtube.com/playlist?list=PL5gcFbG9ghq5EstDSeMUow2N3nSn36wxz>

The MET police have a 'Fraud and Cyber Crime Channel' on YouTube where they have short animations that help visualise different areas of cyber security to help improve your own personal security. Topics covered include guidance on protecting your online identity, password guidance and using Wi-Fi safely.

<https://howsecureismypassword.net/>

You can check how secure your password is by using this website.

<https://takefive-stopfraud.org.uk/>

Take Five is a national campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud.

<https://www.actionfraud.police.uk/>

Action Fraud is the UK's national reporting centre for fraud and cyber crime where you should report fraud if you have been scammed, defrauded or experienced cyber crime.

Cyber Choices

For young people who have an interest in technology, the following resources will signpost them towards places they can develop their skills and knowledge safely.

<https://www.bt.com/codeacake>

Alongside their Top Tips on Tech, BT has created a robot bakery where adults and young children can learn coding together and have a go at coding a cake.

<https://nationalcrimeagency.gov.uk/what-we-do/crime-threats/cyber-crime/cyberchoices>

The National Crime Agency (NCA) have a web page which contains information about the dangers of becoming involved with cyber crime. It also contains multiple online resources for young people who may want to test and develop their skills.