Gaming

Conversation Starters:
What games do you know about and/or enjoy playing online?
Why do you like them or think they are popular?
How would explain your favourite game to another young person?
How would you help them play it safely?
Do you talk to anyone when you're playing games online? Who do you talk to? What would you do if anything in a conversation made you feel worried or uncomfortable?

Fun family activity
Visit https://www.familygamingdatabase.com/ to pick a new game to play together. Use the information on the website to find out how it works and whether it is a good fit for your family.

Play the game!

Use this as an opportunity to talk about the positive aspects of gaming online, as well as how you can stay safer while playing the game you have chosen together.

Visit **NSPCC's Online Games** webpage to find out more about the risks of online gaming and how to make it safer.

Live Streaming

Conversation Starters:

What do you think about video chats and live streaming (if they use them). What do you like about it?

Do you think there are any differences between a photo or video being shared online and a live stream?

How do you feel about likes and views on social media? How does it make you feel and do you think the likes you get are all genuine?

Fun family activity

Find an event or programme that is being live streamed. This could be a festival, a concert or a tutorial. Watch this together with your child.   Use this as an opportunity to talk about the positives of live streaming, as well as how to stay safe while watching a live stream or live streaming.

Visit **Internet Matters Live streaming and vlogging tips**. Use the tips to start a conversation about how to stay safe before 'going live' or recording.

Steps you can take to help keep your children safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit Parental Controls & Privacy Settings Guides - Internet Matters.

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Steps you can take to help keep your teenagers safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read having a conversation with your child.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit:
Supporting your child with reporting unwanted content online

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at https://www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their parent's website and download their home activity worksheets for fun, online safety activities to do with your family.

https://www.thinkuknow.co.uk/parents/