



# One-minute guide

## One-minute guide online safety advice for professionals

### How can I safeguard young people online?

Keeping young people safe online can be a real challenge as it is moving at such a fast pace. However Childnet International have a [Hot Topic](#) section. At the bottom of each section are some brilliant [resources](#) you can work through with a young person, class or year group. They have a host of fantastic resources for schools, parents and young people. If the concern is around sexting, follow the UK Council for Internet Safety (UKCIS) [sexting guidance](#).

### How do I effectively support parents around online safety incidents?

Assist the family and young person to put a family agreement in place, like [this example](#) from Childnet. Family agreements are a great way to encourage boundaries and communication within the home. Blocking or removing phones, tablets or consoles often exacerbates the problem and could encourage secretive behaviour. Make sure children are at the heart of the rule setting and they also have a big say in the consequences. By doing this, children are more likely to buy into the agreement and the rules. The agreement needs to be stuck to by the family and changed over time if necessary. Make sure the 4 D's (below) are embedded within the agreement.

### Concerns around wellbeing and screen time

There is no official guidance about how long young people should spend online, but a time limit to screen time is very important. You can work through Childnet's screen time and healthy balance [activity sheet](#).

### Supporting setting up and implementing the 4 D's at home is vital

- Digital free zones – keep technology downstairs
- Digital role models – parents lead by example online and with digital usage
- Digital sunset – young people need to come away from technology 1 hour before they go to sleep
- Digital detox – As a family try a gadget free day, or even just an hour.

### Find resources and activities to work through with young people

[Childnet International](#) Here you will find information and resources to support you in your role of working with young people to keep them safe online.

[NSPCC](#) This section of the NSPCC website offers advice on all forms of online safety.

[Internet Matters](#) Advice for parents on all forms of online safety and a section containing resources for schools.

[UK Safer Internet Centre](#) The advice centre offers support tailored specifically for a range of different professionals.

[ThinkuKnow](#) This is an education programme from NCA-CEOP, a UK organisation which protects children both online and offline.



SURREY