



What does it mean to be safe online?

Online Safety, E-Safety, or Internet Safety?

- Whether you call it [E-Safety, Online Safety or Internet Safety](#), they all mean the same thing. Before 2015 the term used was generally E-Safety, but we now recommend the term Online Safety as this better represents the topic it refers to.



Start the conversation!

- Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.
- But it can also be easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks.



Make the conversation age-appropriate

- A big factor to consider when we're talking to children is age or cognitive ability, which also impacts on the language we use and what we can talk about. As children get older, their needs and behaviour will change, particularly as children are moving through their teenage years and are more prone to risk-taking, mood swings or whether they will even talk to you about something that they may be embarrassed or ashamed about.
- For example if you suspect [grooming](#) or [exploitation](#), you may not wish to talk about this directly with a younger child, but instead report directly to [CEOP](#). But you can also use resources such as [PANTS](#) to help with the conversation.
- With an older teenager you may be more comfortable talking about these issues. There are some tips in our [Positive Parenting guide](#) and our page on [talking about difficult topics](#) which you may find useful.



LEGO Build & Talk

- A core part of the NSPCC's 10-year strategy is to ensure children are safe online. To help achieve this we've teamed up with the LEGO Group to help promote their fun, free [Build & Talk activities](#). The six 'adventures' help parents and caregivers talk with their children about key online safety topics through the joy of LEGO play.
- [Click here](#) to take you to the Build & Talk Website



CEOP

- CEOP have a host of resources available online [here](#). A lot of websites have a clickable button that allows children to make a report online – it looks like this:



Childline

- Childline offers a variety of ways for children to get support, including message boards, phone and email options.
- <https://www.childline.org.uk/>



NSPCC

- The NSPCC have a dedicated section to their website dedicated to online safety, [found here](#).

[This link](#) takes you straight through to resources aimed at parents including helpful information about internet enabled devices, games and social media.



Cheshire Police

- Cheshire Police have a dedicated team dealing with online safety and child protection. They have a dedicated section of [their website](#) all about Online Child Abuse and includes various links to other helpful resources and organisations.

