

## **Online grooming and safety:**

There's a chance that your child may meet people online who aren't who they say they are.

Grooming is a word used to describe people befriending children in order to take advantage of them for sexual purposes.

Many parents worry about online grooming so it's important to talk to your children about how to stay safe.

### **Further information on what grooming is:**

[https://www.youtube.com/watch?v=Of2LI\\_WeuL8&feature=youtu.be](https://www.youtube.com/watch?v=Of2LI_WeuL8&feature=youtu.be)

### **A short video highlighting how easily grooming can happen:**

<https://www.youtube.com/watch?v=Pt-9NI1qCKI&feature=youtu.be>

### **Some tips for parents to prevent grooming:**

<https://www.fundamentallychildren.com/tablet-tips-esafety/grooming-advice-for-parents/>

### **How to help your child navigate the internet safely.**

<https://www.youtube.com/watch?v=oz-eY5i9K5A&feature=youtu.be>

### **Recommended apps for controlling Internet and device usage in the home:**

<https://www.youtube.com/watch?v=hdl1aGBJbs0&feature=youtu.be>

### **Key things to consider:**

Where possible seek to minimise the use of tablets, mobile devices, PCs and games consoles in bedrooms and private places in the home. Encourage their use in communal areas.

Talk to your son/daughter about the apps they use. Understand how they work and determine whether they are appropriate.

Limit usage time and have a cut off before bedtime. This article recommends not using devices in the hour before bed time. <https://www.bbc.co.uk/news/health-46749232>

**A poster to consider how to approach Internet usage:**

