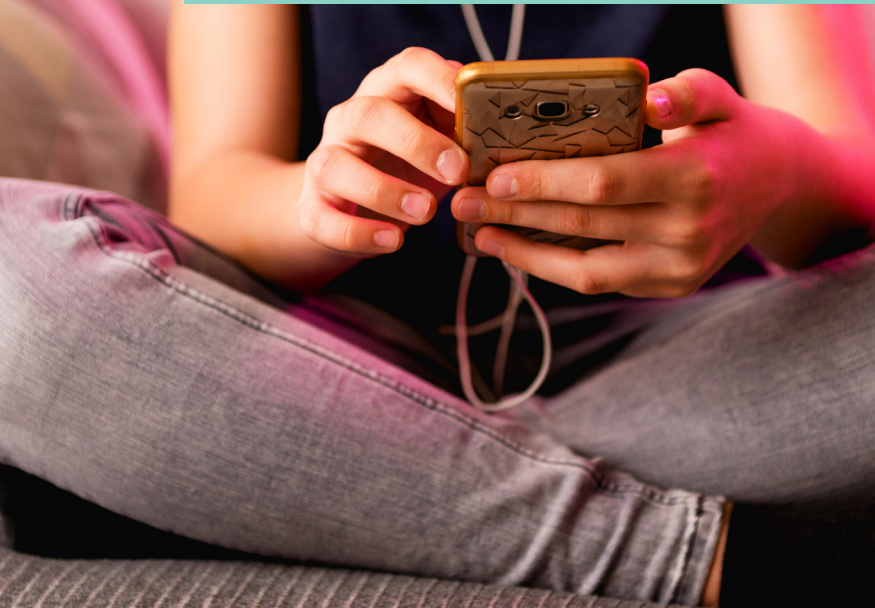


ONLINE SAFETY: INFORMATION FOR PARENTS



Over 80% of children (aged 12-15) have had potentially harmful experiences online. (Source: Gov.UK) These experiences can often contribute to feelings of desperation, loneliness or a feeling of worthlessness.

But there are things you can do as a parent to reduce harmful experiences online for your child and to manage any negative thoughts or feelings caused as a result.

NOT SURE HOW TO START THE CONVERSTION?

Simply talking to your child about what they like to do online can help you understand what they might be exposed to. Setting limits and restricting access to certain sites can be useful. But make sure you talk to your child before changing any of their settings.

WHAT CONTENT IS HARMFUL?

Some of the content your child may view online could be disguised as support. It could actually be messages promoting or glorifying eating disorders, self-harm or suicide. There are some good tips for talking to your child about how they can limit exposure to harmful content and supporting them when they see something upsetting.

HOW CAN I HELP MY CHILD?

- ✓ Help them to control what they see online by managing notifications or unfollowing people who tend to post unwanted content
- ✓ Encourage them to report worrying content via the [Report Harmful Content website](#)
- ✓ Teach them to think before they post and explain that some posts may be helpful to one user but distressing to others
- ✓ Have open and honest conversations and help them access support services when they need it

RESOURCES

[Online Safety](#)

[Top Tips at NSPCC.org](#)

[Self harm on gov.im](#)



[Suicide prevention gov.im](#)

[About harmful content on NSPCC.org](#)



[Samaritans guide to online safety for parents and carers](#)



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