

The 2 Johns



'Keeping Children Safe'

Parent & Carer

ONLINE SAFETY

NEWSLETTER

Welcome to the June edition of our Parent and Carer Online Safety newsletter. This month, we are focusing on Cyber Security. Parents can play a crucial role in protecting their children online by instilling essential cybersecurity habits from an early age. It is important to encourage the use of strong passwords, to discuss the risks associated with sharing personal information, and to remind children to avoid clicking on suspicious links or messages.

Additionally, parents should actively monitor the apps, games, and websites their children engage with, while fostering open communication to ensure children feel comfortable reporting anything unusual or distressing they encounter online. Utilising parental controls, keeping devices updated, and regularly discussing online safety can help children cultivate responsible digital habits and mitigate exposure to cyber threats.

We have included some valuable resources for you to explore to enhance your child's online safety.



A Parent's Guide to Cyber Security

If your child is online, a few habits make a much bigger difference than expensive software.

Start with the basics

- Use strong, unique passwords for every important account.
- Turn on two-factor authentication (2FA) wherever possible.
- Keep phones, tablets, laptops, and apps updated automatically.
- Teach kids not to click random links, pop-ups, or downloads.

Set family rules early

Create simple expectations around:

- Screen time
- Which apps are allowed
- Who they can talk to online
- What information should stay private
- What to do if something feels wrong

Kids usually follow consistent routines better than long lectures.

Teach “pause before sharing”

Children and teens often underestimate how permanent online content is.

Explain:

- Photos can spread quickly
- Screenshots last forever
- Location sharing can expose where they live or go to school
- Even gaming chats can be risky

Watch for scams and manipulation

Teach them to recognise:

- Fake giveaways
- “Urgent” messages asking for passwords
- People pretending to be friends
- In-game scams and trades
- AI-generated fake voices/videos pretending to be family members

A good rule: never share passwords or verification codes with anyone.

A Parent's Guide to Cyber Security

Use parental controls thoughtfully

Parental controls help, especially for younger children, but they work best combined with conversation and trust.

Useful tools include:

- [Apple Family Sharing](#)
- [Google Family Link](#)
- [Microsoft Family Safety](#)

Gaming safety matters too

Online games are one of the biggest contact points for strangers.

Teach children:

- Never share real names, school, address, or phone number
- Avoid moving chats to private apps
- Report bullying or inappropriate behaviour
- Be careful with mods, cheats, and unofficial downloads

Popular platforms like Roblox, Epic Games's Fortnite, and Discord all have privacy and safety settings worth reviewing.

Keep communication open

The most effective protection is making sure your child feels safe telling you:

- They clicked something suspicious
- Someone contacted them
- They saw upsetting content
- They made a mistake online

If children think they'll immediately lose device access, they're less likely to speak up.

Good cybersecurity habits by age

Under 10


- Heavy supervision
- Shared passwords with parents
- Restricted app installs
- Device use in common areas

10-13

- Teach phishing and scams
- Start privacy discussions
- Introduce password managers
- Review social apps together

Teenagers

- Focus on reputation and independence
- Discuss sextortion, scams, and financial fraud
- Encourage critical thinking instead of strict monitoring alone.



CEOP - Parent & Carer guide to cyber security

Here you will find out what is cyber security, what the potential risks are and how to help your child stay better protected from cyber crime.

[CLICK HERE](#)

What is Cyber Security?

Expert Recommendations for Ensuring Online Safety for Families

Cybersecurity is a vital aspect of our daily lives, whether accessing public Wi-Fi or browsing from the comfort of home. Discover effective strategies to safeguard your family online through expert insights and guidance.

[CLICK HERE](#)

Online gaming for families and individuals

The following advice from National Cyber Security Centre aims to protect your child's personal information while gaming. Regardless of whether you are using a PC, console, smartphone, or tablet, these steps will help shield you from potential threats. This way, you can concentrate on what truly matters: enjoying the game.


[CLICK HERE](#)



Password Management & Security

The South West Grid for Learning has developed an invaluable guide on creating and managing secure passwords. This guide includes important information regarding the significance of password security and offers practical advice on how to create robust passwords.

[CLICK HERE](#)



Parental controls guides

Locate step-by-step guides from Internet Matters that can assist you in implementing parental controls across networks, devices, and applications. This will help ensure that children have safer online experiences as they grow.

[CLICK HERE](#)

CYBER SPRINTERS



CyberSprinters Game

The National Cyber Security Centre's CyberSprinters game offers engaging online security resources for 7 to 11-year-olds, helping them navigate the digital world safely. The digital game is accessible on various devices and comes with activities allowing parents and carers to join in on the fun with puzzles at home.

[CLICK HERE](#)



CEOP REPORT BUTTON



REPORT REMOVE

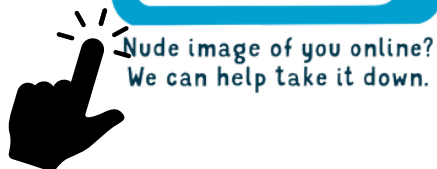


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REPORT HARMFUL CONTENT

