Keeping us Safe

The Parents' Guide to Teaching your Teen Online Safety

This guide contains plenty of helpful information such as:
- A practical guide for parents on how to keep teens safe online, including useful summaries of popular internet apps as well as the types of threats teens could be exposed to online.
- Safety tips for using apps such as Instagram, TikTok (which has gathered a billion users in only 2 years), YouTube, Snapchat, Twitter and WhatsApp. We also cover advice and safety tips for teens playing online multiplayer video games.
- Other online safety topics and advice such as sharing personal information, socialising online, cyberbullying, harmful content, influencers, body image and mental health for teens online.
- Links to additional internet safety resources for parents from well-respected sources such as the NSPCC and the UK government's own guidelines.

[Read it here](#).