Allstate cyber safety

Essential Tips for Parents and Guardians:
Empowering Cyber Safe Children

Allstate

Did you know that 1 in 3 internet users are children?

As the online world becomes increasingly influential in their daily lives, it's crucial to address the potential challenges they may encounter. Just like the real world, the online realm isn't always kind.

That's why we're here to provide you with invaluable tips to help your child navigate the digital landscape safely.

Allstate cyber safety

Staying safe from online strangers

Educate your child about the potential dangers of online chat rooms and social media. Some individuals may try to exploit young children through chat conversations, webcams, images, or even physical meetings.

What can you do?

- Explain to your child the importance of being cautious when interacting with strangers online, even if they appear friendly.
- Familiarse them with reporting functions in chat rooms and social media platforms.
- Teach them how to block users and maintain their privacy.
- Stay vigilant for any signs that your child may be targeted or experiencing unusual behaviour.

Signs to watch for:

- Sudden changes in behaviour.
- Excessive secrecy without a clear reason.
- Withdrawn attitude without explanation.
- Difficulty disconnecting from their phone or social media.
- Unusual meeting places with friends.
- Possession of unexplained items like new clothes or a mobile phone.

Protecting online privacy

In today's interconnected world, children often have a strong desire to share everything with their friends. However, it's crucial to address the potential risks associated with sharing personal information online, especially when interacting with strangers whose identities cannot be easily verified.

What can you do?

- Openly discuss the importance of safeguarding personal details online and the potential consequences of sharing sensitive information.

- Verify that your child meets the age requirements for social media platforms and ensure they understand and follow these guidelines.

- Review and adjust privacy settings on your child's social media apps to limit access to trusted individuals.

- Maintain ongoing conversations about the permanence of online content and encourage thoughtful sharing to avoid future regrets.

41%

of 8 to 17-year-olds admitted to sharing their personal information online, including their full name, age, or address.
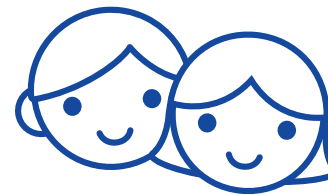
Survey by UK Safer Internet Centre

Preventing cyberbullying

Children can unknowingly hurt others online.

What can you do?

Discuss the importance of kindness and thinking before posting with your child. Let them know they can confide in you if they encounter or witness online cruelty.

If your child experiences cyberbullying

- Listen without judgment and avoid limiting their technology access, as this may discourage open communication.

- Encourage non-retaliation, as bullies often seek reactions.

- Save evidence of the bullying by taking screenshots or preserving messages.

- Inform the school, as they have anti-bullying policies in place to provide support.

- If you suspect your child is in immediate danger, contact the police.

Essential tips for protecting kids on popular social media platforms

Children often engage with a range of websites and apps online, with some of the most popular ones being:

Snapchat is a messaging app that allows users to send temporary pictures and videos. It's important for kids to be mindful of who they communicate with on Snapchat and to refrain from sharing inappropriate content.

Roblox is a popular gaming platform for kids that allows them to create and play games. Children should be careful about who they interact with on Roblox and should never share personal information.

Instagram is a social media platform where users can share photos and videos. Parents should guide their children on what they post and whom they follow on Instagram, emphasising the importance of avoiding sharing personal information online.

TikTok is a popular video-sharing app, particularly among tweens and teens. Children should exercise caution when creating and sharing content on TikTok and should never disclose personal information to strangers.

YouTube is a video-sharing platform for both educational and entertainment purposes. It is crucial for children to be cautious about the content they consume and the individuals they interact with. Parents can ensure a safer and age-appropriate experience by enabling the YouTube Kids app.

It's important to note that the majority of social media platforms have age restrictions in place, typically requiring users to be at least 13 years-old to create an account. This is a crucial aspect to consider when discussing children's access to social media platforms.

To help children be safe online, parents can take the following steps:

Set rules and guidelines:
Establish clear rules about what kids can and cannot do online, and set age-appropriate limits on screen time.

Use parental controls:
Use parental controls to limit access to certain websites and apps, and to monitor children's online activity.

Teach kids about cyber safety:
Talk to children about the risks of sharing personal information online, cyberbullying, and other online dangers.

Monitor their activity:
Keep an eye on what your kids are doing online, and have open and honest conversations with them about their online activities.

Use safe search engines:
Encourage kids to use safe search engines like Kiddle, KidRex, or SafeSearch Kids to avoid inappropriate content.

Remember, it's important to educate children about cyber safety early on, and to continue to reinforce safe online habits as they grow and develop.

Top 5 tips for online safety:

1. Openly communicate with your child about staying safe online.
2. Explore their online world together to understand their digital experiences.
3. Establish clear rules regarding acceptable online behaviour.
4. Take charge of your family's internet settings and controls.
5. Stay informed about the digital world to effectively protect your child online.

Want to find out more?

If you are worried about your child contact your local police force or NSPCC helpline on **0808 800 5000.**

Resources for this leaflet can be found at:

www.psni.police.uk
www.saferinternet.org.uk
www.nspcc.org.uk

Sign up for FREE training!

Discover our free Cyber Safety training sessions for parents and children. Learn essential skills and strategies to stay safe online.

Visit our website at **Allstate.com/CyberSafety** or email us at **AllstateCyberSafety@allstate.com** for more information and registration.

Allstate