

How to keep your child safe online

The internet is like a magician's hat. It's full of exciting things to discover and kids love it. But while they seem to know what they're doing, sometimes their parents don't – and that can be a worry.

That's why the NSPCC and O₂ have partnered to help parents keep their kids safe online. Here are some of the things you can do, and some of the ways we can help – every step of the way.



So what can you do?

1. Explore

Explore and understand the apps, games and sites your child uses and get to know your child's online world better.

2. Talk

Chat to your child about their online world, just as you'd ask about their day at school.

3. Agree

Set out the family rules to live well online. Discuss and agree ground rules and make sure you're a good role model.

4. Manage

Make the technology work for you. Adapt privacy settings and use parental controls where necessary.



Let's keep kids safe online

Four more ways that we're here for you this summer



Net Aware

Your no-nonsense guide to the safety of the social networks your kids use.

net-aware.org.uk

O₂ NSPCC ONLINE SAFETY HELPLINE

Our trained advisers can help with any concern about online safety, from adjusting privacy settings to advice on a new social network. Also available in web chat.

0808 800 5002



Make a Guru appointment

Whether you're an O₂ customer or not, you can make an appointment with an in-store Guru, who can help you keep your kids safe online.

[Click here to make an appointment](#)



Online advice and guides

From conversation starters to advice on cyberbullying and sexting, check out more of our resources online.

nspcc.org.uk/online-safety

O₂ 😊 NSPCC

Let's keep kids safe online