Keeping Children Safe Online

TalkTalk
Future Fibre

internet matters.org

Everyone should feel safe online.

At TalkTalk, we're committed to helping young people stay safe whilst staying connected. That's why we're proud to be a founding partner of Internet Matters.

Internet Matters are a not-for-profit organisation offering expert support to parents and carers to help their kids explore the online world safely.

Over the years we've worked together to raise the bar for online safety, including offering our pioneering HomeSafe parental controls feature as standard on all our plans.

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When you can spot it, you can sort it.

A smarter, safer online experience starts with knowing what to watch out for. So we've put together our top tips on the key topics that will help you support your family's digital wellbeing.

Let's get started.

Understanding cyberbullying.

Cyberbullying is a form of harassment that takes place in a digital setting. Over texts, social media, instant messaging services or even gaming platforms. It can be as subtle as leaving someone out of a group chat or cropping them out of a picture.

The bigger picture.

The internet and social media have changed the way a lot of children experience bullying.

59%

14 ⟷ 15

2 in 10 children between 8 and 15 say they have been bullied on social media, which is as likely as face-to-face bullying.*

of parents want to know more about online bullying as they are unsure about when to intervene.

Risks of cyberbullying are highest between the ages of 14 and 15.*

How can we help?

The best way to protect children at risk of cyberbullying is to take an active interest in how they're using the internet from the start.

Having a better understanding of the platforms your children are using will mean you're better equipped to listen and support them if they are experiencing problems.

Click here to learn more about different forms of cyberbullying and cyberbullying terms.

*Data sources: Ofcom children and parents media use report and Suffolk Cybersurvey 2017 report.

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Protecting privacy.

Many platforms children like to use encourage them to share information about themselves. Pictures, names, interests – even where they live.

It's a great way to build relationships. But oversharing online can be risky.

Being safe whilst being themselves.

Here are our top 3 tips to protect kids from oversharing online.

Teach them about privacy and the kind of information that's best kept offline.

Encourage them to consider which friends they share information with – can they trust them not to share it with others?

Review and delete any apps they don't use to stop them holding onto their data.

Click here to learn more about protecting your kids' privacy online.

Playing online games? Always play safe.

81% of under-18 year olds regularly play online games. In moderation, this can be sociable and great for developing problem solving skills.
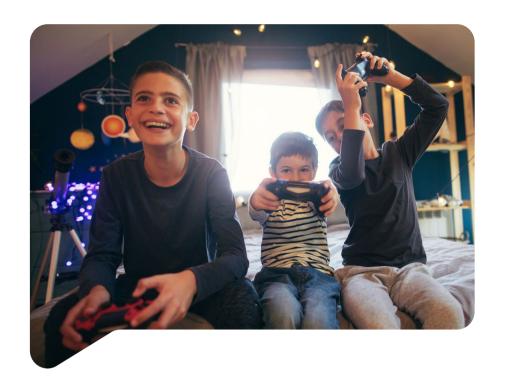
But gaming can be addictive and too much can lead to children withdrawing from their real-life relationships.

What does gaming addiction look like?

Irritability
Rage
Depression
Isolation

Signs of gaming addiction are often most noticeable when children are prevented from playing. If you pick up on any of these, don't worry, there are ways to help.

Beating bad gaming habits.

Gaming is a way for young people to escape from the pressures of daily life, whether it's school, friends or family.

Reflect not restrict.

Rather than punishing your kids for playing, encourage them to reflect on the real-life stresses they might be avoiding by gaming.

Getting to the bottom of this will help them to develop a healthier relationship with gaming.

Click here to learn more about safer online gaming.

Get your unique online safety guide.

As our lives become more digital, it can be hard to find an online-offline balance, especially for children trying to make the most of the connected world.

No family's needs are quite the same.

That's why Internet Matters offer a personalised digital toolkit packed with online safety resources designed specifically for your kids' unique needs.

Just answer a few simple questions about your children's digital habits and their unique toolkit will be ready in minutes.

Click here to access your toolkit and other handy resources to support your kids online.

At TalkTalk, your safety is our priority.

All our plans include our HomeSafe web filter as standard, with award-winning protection for up to 10 devices available for just £4 a month.

We've got speeds for everyone too, right up to 500Mb/s. Right now you can even get your first 3 months free on our Future Fibre 150 and 500 plans.

Sound good?
Visit **www.talktalk.co.uk/radio** to find out more.