

May 2023

Dear Parents/Carers

### **Top Tips for Adopting Safe and Healthy Online Habits**

A free online safety guide on Safe and Healthy Online Habits.

Every year, Comic Relief goes all out to help people, both in the UK and internationally, who are going through a tough time. In our area of specialism, we at National Online Safety are acutely aware that – for children and young people in particular – many of those difficult moments increasingly originate from and unfold in the digital world.

From inappropriate content to the toxic behaviour of others, online harms can do long-lasting damage. That is why we are passionate about helping this new generation to build their digital resilience – equipping them to deal with digital dangers. This #WakeUpWednesday guide has a selection of tips for encouraging safe and healthy online habits.

<https://nationalonlinesafety.com/hub/view/guide/safe-and-healthy-habits-online>

In this guide we have compiled a list of useful suggestions which could help you and your family strike the right balance and build digital resilience.

In the guide you will find statistics and trends such as the current most popular platforms for young people and the proportion of children in each age group who play online games.

In the guide you will find a number of potential risks such as compulsive playing, audio chat with other gamers and in-game spending.

In the guide you will find tips on reducing push notifications from apps, avoiding social media arguments and spotting when a child's been upset by something online.

Please find below the URL you will need. Complete your details and select "I am a: Parent/Carer" from the dropdown:

<http://nationalonlinesafety.com/enrol/goldington-academy>

Once you have registered, you will be able to access the “Online Safety for Parents and Carers’ course” and National Online Safety’s Resources (which includes a wide range of online platform guides on the latest social media channels and games). This aims to help empower parents with the knowledge to protect their children from the dangers of the internet.

If you have any questions, or trouble accessing the course, please contact [support@nationalonlinesafety.com](mailto:support@nationalonlinesafety.com).

We hope you will find this useful.

Yours sincerely

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