

Free Webinars for Parents & Carers

Parents & Carers Cyber Choices and Online Safety Events

Please note there are two parts to the parent events, and you will need to register for each independently. This session is suitable for parents/carers of children in Year 5 (age 9) and above. This is an opportunity to learn and ask questions regarding your child's online world.

If you think these events may be of interest to others, please forward this information on to them. For any questions, please email us at cyberprotectorsou@beds.police.uk.

Parents Event - Pt1 - Introduction to Cyber Choices and Online Risks

This session will introduce you to the [Cyber Choices programme](#) and will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also receive an overview of:

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

These events are **free**, and you can book your tickets directly via:

Wednesday 11 th March	14:00 – 15:00 - Link
Thursday 7 th May	13:00 – 14:00 - Link
Monday 6 th July	10:00 – 11:00 - Link
Wednesday 23 rd September	16:00 – 17:00 - Link
Tuesday 10 th November	11:00 – 12:00 - Link

Parents Event - Pt2 - Tools and techniques to improve the cyber security of your family

This session will:

- Provide advice on how to improve your personal cyber security.
- Help you to identify and protect your (and your children's) key accounts.
- Identify threats and techniques that cyber criminals may use to target you / your family.
- Highlight the benefits of family accounts.
- Identify parental controls on your router.
- Signposting to useful resources.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaign.

These events are **free**, and you can book your tickets directly via:

Wednesday 18 th March	10:00 – 11:00 - Link
Thursday 14 th May	13:00 – 14:00 - Link
Monday 13 th July	10:00 – 11:00 - Link
Wednesday 30 th September	16:00 – 17:00 - Link
Tuesday 17 th November	16:00 – 17:00 - Link

Social Media Posts for Parents Webinars

Post 1

Free Cyber Choices & Online Safety Webinars for Parents & Carers

We're running a series of **free online sessions** designed to help parents and carers navigate the risks young people face online. These webinars cover everything from understanding cybercrime to practical steps you can take to improve your family's cyber security.

Part 1 – Introduction to Cyber Choices & Online Risks

- ✓ What cybercrime is
- ✓ Risks to young people
- ✓ How Cyber Choices supports at-risk individuals
- ✓ How to make a referral
- ✓ Online safety risks and advice for parents

Part 2 – Tools & Techniques to Improve Your Family's Cyber Security

- ✓ Strengthening personal cyber security
- ✓ Protecting key accounts
- ✓ Spotting threats used by cyber criminals
- ✓ Parental controls & family account benefits
- ✓ Signposting to trusted resources (NCSC Cyber Aware, Stop! Think Fraud)

 All sessions are free to attend.

 Book your place here: <https://www.easternprotect.org/webinars>

If you know parents or carers who may benefit from this, please feel free to share.

 Questions? Contact: cyberprotectorsou@beds.police.uk

Post 2

Parents & Carers — Want to keep your child safer online?

We're hosting **free webinars** to help you understand online risks, cybercrime, and simple steps you can take to protect your family.

Two parts:

- ◆ *Intro to Cyber Choices & Online Risks*
- ◆ *Practical Cyber Security Tools for Families*

Perfect for anyone with children aged **9+**.

 Book via this link: <https://www.easternprotect.org/webinars>

 Queries: cyberprotectorsou@beds.police.uk

Post 3

As a parent or carer, keeping up with the online world children live in can feel overwhelming.

We're offering **free, supportive webinars** to help you understand:

-  What cybercrime looks like
-  Risks young people may face
-  How to strengthen cyber security at home
-  How to protect key accounts and set parental controls

These sessions are open to anyone with children **Year 5 and above**.

 Sign up here: <https://www.easternprotect.org/webinars>

Feel free to share with others who might benefit!

Post 4

Supporting parents and carers is a vital part of preventing young people from being drawn into cybercrime and helping them stay safe online.

We're delivering **free Cyber Choices & Online Safety webinars**, including:

-  An overview of cybercrime and youth risk factors
-  Early intervention pathways and referrals
-  Practical cyber security guidance based on NCSC Cyber Aware & Stop! Think Fraud
-  Parental controls, account security, and more

Please share widely so we can reach as many families as possible.

 Book your place here: <https://www.easternprotect.org/webinars>

 Queries to: cyberprotectorsou@beds.police.uk

Post 5

Free Cyber Choices & Online Safety Webinars for Parents & Carers

Two-part series covering:

- Online risks and cybercrime
- Cyber Choices support
- Practical family cyber security
- Parental controls & protecting key accounts

Suitable for parents/carers of children **9+**.



Book your place here: <https://www.easternprotect.org/webinars>



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