

# 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 O<sub>2</sub> 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](https://net-aware.org.uk)

## O<sub>2</sub> 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 O<sub>2</sub> 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/onlinesafety](https://nspcc.org.uk/onlinesafety)

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