



# Online Safety at Home

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Along with many positive things our children experience online, they may come across things that worry or upset them. With the ongoing events in Ukraine, please find attached a roundup for young people about the situation. This article has been created by BBC Newsround. If your child is worried about events in Ukraine it could be used as a good way to start a conversation with them.

[Newsround's roundup of what is happening in the Ukraine](#)

[What to do if you are upset by the news that you see](#)

## **Talk about it:** Tips for a meaningful conversations

Please find below some tips for starting meaningful conversations with your children about what they see/experience online. There are many different strategies, which one will work best for you?

- **Start conversations** when your children won't be embarrassed, for example in the car going home from school. Try to de-personalise it by asking their opinion on a current news story that relates to an online issue.
- **Be proactive** - don't wait until something has already gone wrong - discuss issues ahead of time - knowing what children of a similar age are doing will help you know more about the environment that your child is living in.
- **Ask them for advice** on how to do something online and use this as a conversation starter.
- **Make sure they know** they can come to you if they're upset by something they've seen online - listen to them when they do and try not to overreact - the important thing is that they have come and told you!
- **Be sensitive and praise** them when they share their online experiences with you.
- **If your child** comes to you with an issue, stay calm and listen without judging them.
- **Talk about** online grooming as you would stranger danger and explain that people they meet online might not be who they say they are.
- **Ask them** about things online which might make them (or others) uncomfortable.