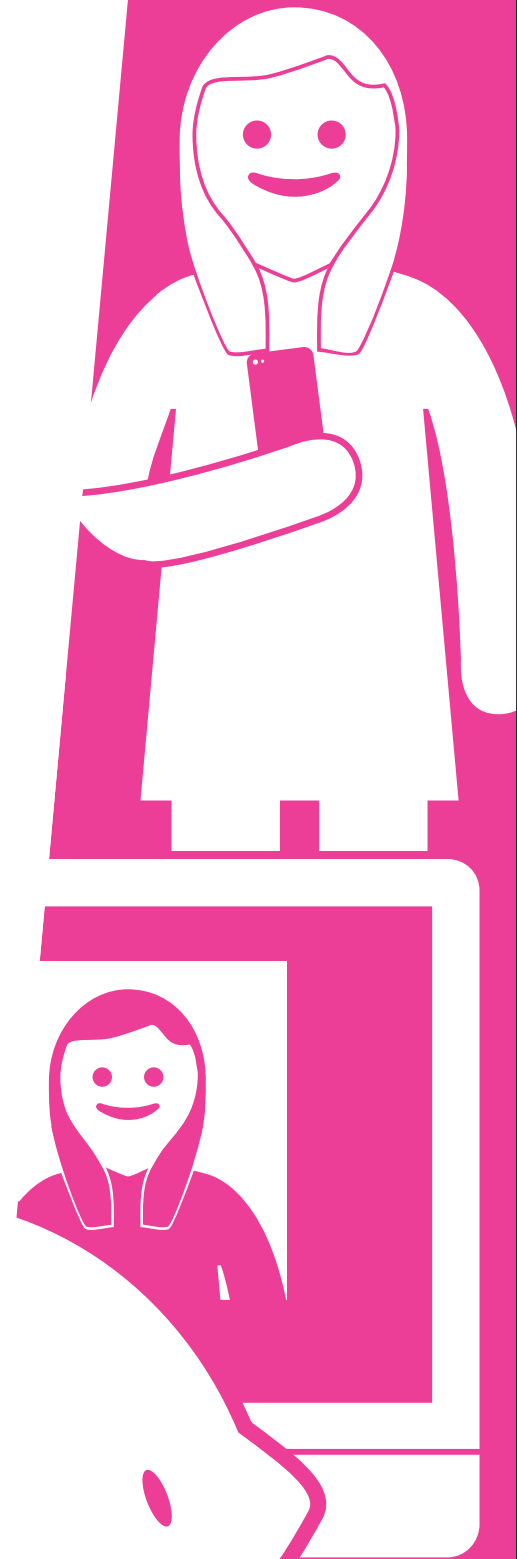


# Online safety for teenagers

**Teenagers may be experts on using the internet, but they still need guidance and protection. To help keep them safe, make sure you continue talking about what they are doing online.**

- ✓ Discuss and agree your expectations before you allow them to join a social networking site. Check the minimum age requirements.
- ✓ Talk to them about the dangers of oversharing information about themselves that they might then regret – teach them to think before they post.
- ✓ Encourage them to check the policies and privacy settings on any sites and services they use.
- ✓ Remind your child that the same rules apply online as they do at home and at school, eg they shouldn't post anything they wouldn't say face-to-face.
- ✓ Find out what the school's policy is on mobile phone use at school.
- ✓ Ask how the school is teaching pupils about online safety issues.
- ✓ Check your child knows how to report abuse or block contacts.
- ✓ Discuss the use of parental controls.



For more help and advice visit  
**[www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)**  
or contact the NSPCC **helpline** on  
**0808 800 5000** to discuss any concerns