SAFER INTERNET DAY 2025

Too good to be true? Protecting yourself and others from scams online

Safer Internet Day

11th February 2025

Tips for Parents and Carers

Tips for Parents and Carers: Keeping you and your loved ones safe online

This Safer Internet Day we are starting a conversation about how to spot, respond to and report all types of scams online. Scams can take many forms and may target anyone, including young people. Use these top tips to keep you and your loved ones safe online.

■ Enjoy going online together and talk regularly about your family's online lives

The internet is amazing and can help us all to access information and entertainment. Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online. Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news. Make sure your child knows they can talk to you about anything that they see or experience online.

▲ Take online security measures seriously

The internet can be a tool used by criminals to target their victims, but a few simple steps can help keep you and your accounts secure. Use strong and separate passwords for online accounts and set up two step verification (2SV) where it's available. You may also be able to set parental controls to prevent unwanted online purchases and limit children's access to harmful content.

🔴 Look out for warning signs that someone or something online cannot be trusted

"It just seems too good to be true!" – Other common signs of a scam include contact that you weren't expecting or being asked for money or personal information (think: bank or contact details, passwords, or phone numbers). Scammers use [other tactics](#) to manipulate their victims into paying, like playing with your emotions, or building a sense of urgency so you are rushed into making a decision. If you aren't sure it's reliable, don't risk it.

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✳️ Know where to get help if something goes wrong

If you or someone you know has been the victim of a scam online, you're not on your own. Help is available and you are not to blame for what has happened. In England, Wales and Northern Ireland, you can report fraud and cyber crime online to [Action Fraud](#) or by telephoning 0300 123 2040. In Scotland, report to Police Scotland by calling 101. You may also be able to report via social media, if the scam has taken place there or to another relevant organisation, like your bank, if you think your account is at risk.

Remember, if you or anyone else is in immediate danger, call 999 immediately.

Top Tips for use Tips for Parents and Carers of 3–7-year-olds

Whilst your 3–7-year-old may not yet be ready to use the internet independently, use our top tips to start good online habits now that will help keep them safe in the future.

🟧 Enjoy going online together

Spending time online together with family is an important learning experience for the youngest internet users. Not only will you both enjoy the quality time together, but you can supervise their usage and guide them to make the safest choices.

▲ Talk about their online experiences

Help give your child the language to explain what they're experiencing online by starting conversations about the internet and technology as early as possible. Talking regularly about what they love doing online, as well as any worries they may have , will help establish this habit and mean they're more likely to come to you for help as they get older.

● Make use of settings, especially relating to online purchases

Parental controls and other safety settings can help protect your child from online harms, including scams. To avoid any nasty surprises on your bank statement, make sure in-app purchases or new downloads require a passcode, and don't set card details to autofill on devices your child has access to.

◆ Explain that not everything online is true

If your child is too young to understand what fraud is, you can still lay the groundwork to help them stay safe online as they grow. Start simple and talk about the difference between real and make believe. Help them recognise that not everything online is true and that some things they see or hear could be stories, jokes or tricks.

✳ Make sure they know they can always come to you

The most important thing for your child to know is that you are always there to support them, online and offline. Encourage them to talk to you if anything they experience makes them feel worried or upset, and show them they can trust you to stay calm, listen and help make things better.

The following website has some excellent additional links and support if you would like further information: https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-parents-and-carers

Mr Stannard & Mr Wood

Computing Leads

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