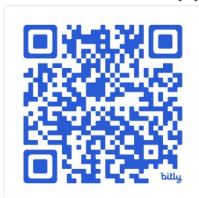


report it and block the person if needed. Visit [www.thinkuknow.co.uk/parents/primary](http://www.thinkuknow.co.uk/parents/primary) for advice and support. Here is a link to

video



their introductory

*Scan me*

## Three Ways to Stay Involved

### Let Them Teach You

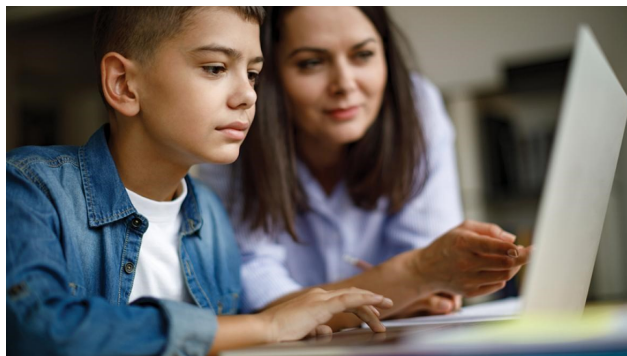
Your child is the expert in their online world. Ask them to show you what they do online and who they talk to. This builds trust and opens the door for future conversations.

### Create a Family Agreement

Work together to set rules for online use. This might include:

- Time limits and screen breaks
- Not sharing personal information
- Not posting photos they wouldn't want you to see
- Coming to you if something feels wrong

You can even use a Thinkuknow film as a conversation starter.



### Watch and Learn Together

Thinkuknow films are designed for children and parents to watch together. They cover real-life online situations and help children understand how to stay safe. Watch them first on your own so you're ready to talk about the topics they raise.

Thinkuknow website for parents—



Or alternative please talk to one of our teachers.

Ninian Park Primary School  
Virgil Street  
Grange town  
Cardiff  
CF11 8TF

Phone: 029 20 388 991

E-mail: [ninianparkprm@cardiff.gov.uk](mailto:ninianparkprm@cardiff.gov.uk)



Ninian Park Primary School



Growing Up Online

Enjoy ~ Respect ~ Achieve

What is my child doing online?

A guide to being safe online.

## Growing Up Online

As children grow, they naturally seek more independence—and today, that includes the digital world. From games and videos to messaging and social media, the internet is a big part of how children learn, play, and connect.

Exploring, trying new things, and sometimes pushing boundaries is a normal part of growing up. The online world offers amazing opportunities for creativity, learning, and fun—but it also comes with risks.

### Why This Matters

Your child is growing up in a world where being online is part of everyday life. What might seem confusing or even worrying to adults is often second nature to children. Whether you're confident with technology or not, staying involved in your child's digital life is one of the best ways to keep them safe.

### Top Tips for Online Safety

#### 1. Be Involved in Their Online Life

Children don't separate online and offline experiences. Ask them what they're doing online, what games they play, and who they talk to. If they know you're interested and supportive, they're more likely to come to you if something goes wrong.

#### 2. Know the Age Limits

Most social media platforms (like TikTok, Instagram, Snapchat, and WhatsApp) have a **minimum age of 13**. These rules are there to protect children from inappropriate content and interactions. If your child is under 13, they should not be using these platforms.

**Note:** Our school has removed its Twitter/X account due to the increasing amount of harmful and inappropriate content being shared on the platform. We encourage families to be cautious about the platforms they use.

#### 3. Stay Curious

Ask your child to show you the apps and websites they use. Questions like:

- What do you like about this game/app?
- Who do you talk to on it?
- What's the most fun thing you've done online recently?

This builds trust and helps you understand their digital world.

#### 4. Set Clear Boundaries

Just like in the real world, children need guidance online. Talk about:

- How much time they can spend online
- What kind of content is okay to watch or share
- Who they can talk to
- Why screen breaks are important

#### 5. Use Parental Controls

Parental controls are available on most devices—TVs, tablets, phones, and game consoles. They help you manage what your child can access and for how long. They're not foolproof, but they're a great starting point.

#### 6. Talk About Online Strangers

Make sure your child knows:

- People online aren't always who they say they are
- They should **never meet someone in person** they've only spoken to online

**If someone makes them feel uncomfortable, they should tell you or another trusted adult.**

#### 7. Know What to Do If Something Goes Wrong

If your child sees something upsetting or is contacted by someone they don't know, stay calm and supportive. Help them