#OnlineSafety AtHome

ThinkuKnow have created a special area to support parents during COVID-19 and the closure of schools. Every fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety. The packs are split into the following age groups:

- 4-5s
- 5-7s
- 8-10s
- 11-13s
- 14+

You can download your packs here:

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets

Improve your Privacy online

This article contains advice for you about improving your privacy online:

https://www.saferinternet.org.uk/blog/improve-your-privacy-online-advice-parents-and-professionals

You are also able to report photos, videos, comments or profiles that are bullying or harassing via Instagram's help centre.

Inappropriate Content

There are public accounts on Instagram that can include graphic content and therefore your child may come across inappropriate content as well as language. Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.

Restrict mode

This feature allows users to restrict another user. You could restrict somebody (a bully for example) which means they will not be able to see when you are online or if you've read their messages. Also, only you (and that user) will be able to see their comments on your post. The great thing about this feature is that they won't know that you have 'restricted' them. This is different to blocking (when you block somebody, you no longer see anything they do on Instagram and they don't see anything you do either). Learn how to use this new feature so you can show your child how to use it: https://help.instagram.com/2638385956221960

Need more help?

Childnet answer parents most frequently asked questions here:

https://www.childnet.com/blog/answering-parents-most-frequently-asked-questions-about-instagram

Additional Links

- https://www.saferinternet.org.uk/advice-centre/social-media-guides/instagram
- https://www.internetmatters.org/resources/instagram-safety-a-how-to-guide-for-parents/
- https://help.instagram.com/116024195217477/?helpref=hc_fnav&bc[0]=Instagram%20Help&bc[1]=Privacy%20and%20Safety%20Center
- https://www.net-aware.org.uk/networks/instagram/

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