

A photograph of a man and a young girl looking at a tablet together. The man is on the right, smiling, and the girl is on the left, also smiling. They are both looking down at the tablet. The background is a plain, light-colored wall.

safe &
smart

Safe & Smart Parent Toolkit

A practical guide to helping
your child stay safe online

Helping children and families navigate the digital world with confidence.

The Main Online Risks at a Glance

Understanding the risks is the first step to keeping your child safe.

Scan the QR codes or visit our website for our full guides:



Online Bullying

Bullying, harassment or abuse through social media, games or messaging apps.



[Read full guide](#)



Grooming & Exploitation

Adults build trust with children to manipulate, exploit or harm them.



[Read full guide](#)



Scams & Phishing

Tricky messages designed to steal money, personal info or gain access.



[Read full guide](#)



Malware & Infections

Malicious software that can spy, steal data or damage devices.



[Read full guide](#)



Ransomware

Locks files or devices and demands payment to get them back.



[Read full guide](#)



Sextortion & Catfishing

Blackmail using private images or fake identities to trick and exploit.



[Read full guide](#)



Radicalisation

Being influenced to adopt extreme views that justify hate or violence.



[Read full guide](#)



Hacking & Cybercrime

Illegal access, scams or software used to steal, harm or exploit.



[Read full guide](#)



Social Engineering

Manipulation tricks used to get someone to give up access or information.



[Read full guide](#)

Did you know?

Children spend more time online than ever before. Taking just five minutes to read one of these guides could help protect them from some of today's biggest online risks.

What to Do If Your Child Is a Victim of Online Dangers

Follow these steps to help protect your child and take action.

1

Stay Calm And Reassure Your Child

Let them know they are not in trouble and that you're there to help.

2

Save Evidence

Take screenshots or photos of messages, profiles or anything concerning.

3

Block and Report

Block the user and report the incident on the platform.

4

Secure Account

Change passwords and check privacy settings and account activity.

5

Contact The Right People

Inform school, the platform or relevant support services.

6

Seek Specialist Help

Get professional support if needed. You are not alone.

Important Reminder



Never delete anything before seeking advice—it could be important evidence.

If you believe your child is in immediate danger call 999.

**PAUSE.
CHECK.
TELL.**

If something feels off, stop, think and talk to a specialist.

Support and Reporting:

Childline – 0800 1111 – [childline.org.uk](https://www.childline.org.uk)

The Mix – [themix.org.uk](https://www.themix.org.uk)

Ditch the Label – [ditchthelabel.org](https://www.ditchthelabel.org)

Report Harmful Content – [reportharmfulcontent.com](https://www.reportharmfulcontent.com)

Safe & Smart is **Every Child Online's** online safety programme.

Quick Online Safety Check



Use this quick checklist to see how prepared you are.

Do you know which apps, games and platforms your child uses?

☐

Are privacy & parental controls enabled on their apps and devices? (If no, go to everychildonline.co.uk/safe-and-smart/adult/parental-controls)

☐

Do you know how to block, report and speak up if something feels wrong?

☐

Do your children understand what information is safe to share and what should stay private?

☐

Would they feel comfortable coming to you if something upset or worried them online?

☐

Do your child's accounts have strong passwords and Two-Factor Authentication enabled?

☐

How did you score?

5-6: Great! keep doing what you're doing

3-4: You're on the right track

0-2: Don't worry our guides will help you. Visit safeandsmart.online

Everyday Habits Make a Difference.

Small steps can make your child stay safer online, if you complete every item on the checklist your child is much more likely to stay safe and have a positive experience online.

Did you know?

Games, apps and platforms often don't have their privacy settings automatically enabled. Make sure they're on to help protect your child.