

safe &
smart

Would you
notice if
something
was
wrong?



Scan for practical
advice and support
for parents.

Helping children and families navigate the digital world with confidence.

Could your child need support online?

Signs Your Child Might Be Struggling

Look out for:

Mood swings or distress after going online

Hiding screens or secrecy around devices

Suddenly quitting social media

Avoiding school or friends

Stay Involved without Spying

Stay curious, not intrusive.

How you can support them

Start with calm, open conversation. Make it clear:

- ➡ They're not in trouble
- ➡ You're there to help
- ➡ It's not their fault

Document

Save screenshots or messages

Report

Report using platforms tools

Block

Help your child block the account

Don't respond

Avoid replying or escalating the situation

Reassure

Let them know they're safe and you're there to help

Get practical advice and support to help your child stay safe online.

SAFEANDSMART.ONLINE

