

KEEP YOUR CHILDREN SAFE ONLINE

Key messages from TVP:

**TRUST YOUR
INSTINCTS - YOU
KNOW YOUR
CHILD BETTER
THAN ANYONE**



**Have open conversations
with children about their
internet usage**

**Use parental controls and
seek guidance**

- **Have your children suddenly become secretive?**
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- **Are they sad or withdrawn, but won't say why?**
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- **Do they seem distracted?**
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- **Do they have sudden mood swings?**
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- **Are they unable to switch off from their phone or social media?**

**For further information, please go
to NCA CEOP website
www.thinkyouknow.co.uk**