

Welcome to the October 2025 Scomis Online Safety Newsletter for Parents/Carers

New to the Scomis Online Safety Newsletter?

Welcome to the Scomis Online Safety Newsletter for parents/carers. The aim of our half-termly newsletter is to signpost parents and carers to useful Online Safety websites which provide:

- Online safety advice and guidance for parents and carers
- Raise awareness of current Online Safety issues
- Information on how/where to get help

Talk to your child about Online Safety

Be aware of key issues! How?

Visit the following websites to find out:

Internet Matters—4 Tips to protect children at any age

See what you can do to keep them safe on social media, in video games and on devices with age-specific advice guides below.

Activate parental controls

Access how-to guides for Social Media, Devices, Search Engines, Gaming, Entertainment and more

Balance screen time

Tips to balance screen time, help children to develop healthy online habits, watch a video and download the [guide](#)

Check age limits

Every app, platform and game has minimum age requirements. However, research shows that many children use spaces intended for teens or even adults. Download the guide to [Check age requirements](#)

Chat regularly about the online space

Having regular conversations with your child can keep them safe online. 4 simple tips to help children deal with online issues. Download the [guide](#)

How to create an environment for kids to talk

1. **Talk early and often**
 - Set clear boundaries from the start to help your child understand what is acceptable and what is not.
 - Have ongoing conversations that are non-judgmental.
2. **Choose the right time**
 - Choose to talk when you are both relaxed and have time to talk.
 - Avoid talking when your child is stressed, busy or tired.
3. **Open up and share too**
 - Share your own experiences and struggles to help your child feel supported.
 - Be open and encouraging to make them feel supported.
4. **Create a safe space for your child**
 - Use open-ended questions.
 - Avoid giving your child too much advice to listen to.
 - When they start talking, hold off with questions and advice.
 - Be prepared, calm and patient with them.

What to talk about

- Online reputation**
 - Understanding how online activity can impact your child's future.
 - Being critical about what you see online.
 - Knowing what to do if you see something concerning.
- Critical thinking**
 - Helping them to question what they see online.
 - Being critical about what you see online.
 - Knowing what to do if you see something concerning.
- Resolving online issues**
 - Knowing what to do if you see something concerning.
 - Being critical about what you see online.
 - Knowing what to do if you see something concerning.
- Free tools to promote conversations**
 - **Share My Screen**
 - **The Online Safety Toolkit**
 - **Find the Code**

Keeping up to date with Media Sites, Apps and Games

Would you like to:

- Keep up to date with the latest sites, apps and games?
- Find out how to keep your child safe when playing online games?
- Access resources for children with [SEND](#)?

Visit [NSPCC's Chat App](#) site to find out more about Social media and Chat Apps including:

- TikTok; Instagram; WhatsApp

Find out more [here](#)

Activities to do with your child from NSPCC and Ambitious about Autism

[Sharing personal information](#)

[Friendships online](#)

[One page profile](#)

[Talking to people online](#)—visual article

Sharing personal details



Friendships online



My one-page profile



Childline's Advice for Staying Safe Online

Visit [Childline's](#) website to find out things **you** can do to keep yourself safe online:

- Think before you post
- Don't share personal details
- Think about who you are talking to
- Keep your device secure
- Never give out your password

Read how to keep you and your children safe online [here](#). Find out more about:

- [Keeping your device secure](#)
- [Strong passwords](#)
- [Grooming](#)
- [Phishing and Online Scams](#)
- [Be careful about the websites you use](#)

Access and view a range of easy to watch videos on all sorts of topics [here](#)

Need Help?

Worried about what a child or young person may have experienced online, contact the NSPCC helpline for free support and advice. Call NSPCC on **0800 800 5000** or [contact NSPCC online](#).

Remember! Children can contact [Childline](#) any time to get support themselves: 0800 1111

Parentzone — free digital [Guides for parents](#) including social media, parental controls for Netflix, PEGI Ratings, Disney+ and more. Explore the Parentzone library [here](#)

Prefer to WATCH videos for advice?

[Parentzone's video section](#) offers parents clear, practical guidance on digital family life, with quick explainers and expert insights.