

Online Safety, Bullying & Child Well-being

What is Online Safety?

Online safety means protecting your child when they use the internet. This includes:

- Not sharing names, address, or school online
- Avoiding strangers on games or chats
- Using safe websites and apps
- Reporting anything upsetting

What is Bullying?

Bullying is when someone is **unkind repeatedly**. It may happen at school or **online** (cyberbullying).

Examples:

- Name calling
- Spreading rumours
- Leaving someone out
- Sending mean messages or pictures

Signs of Bullying or Online Risk:

- Changes in behaviour or mood
- Hiding phone or tablet
- Fear of going to school
- Avoiding friends or games
- Trouble sleeping or eating

Why It Matters

- Children are online every day—for learning, games, videos, and chatting.
- It's important they stay **safe, happy, and healthy** online.

Top Online Risks

1. **Strangers online** – talking to unknown people can be risky.
2. **Inappropriate content** – violent, scary, or adult content.
3. **Cyberbullying** – online mean messages or comments.
4. **Too much screen time** – not enough sleep or exercise.

Tips to Keep Children Safe

- **Talk** with your child about what they do online.
- **Set rules:** screen time limits, where and when to use devices.
- **Use parental controls** on YouTube, phones, games, etc.
- **Check privacy settings** on apps and games.
- **Play/watch together** when you can—stay involved!

What to Say to Your Child

- “Tell me if something makes you feel scared or uncomfortable.”
- “Never talk to strangers online or share private info.”
- “It’s okay to say no or block someone who is being rude.”

Look After Their Well-being

- Make time for **outdoor play, family time, sleep**, and hobbies.
- Be a **good example**—limit your own screen time too!
- Help them **balance** screen time and real-world activities.

Spot the Risk – Examples

1. **Ahmed clicks a pop-up saying “You won a free phone!”**
 -  Don't click it! It's likely a scam.
2. **Sara accepts a friend request from someone she doesn't know.**
 -  Not safe – she should only connect with real friends.
3. **Zain hides what he's watching at night.**
 -  Parents should check in and set clear viewing rules.

What Can Parents Do?

- Talk daily with your child
- Ask about their friends and online games
- Use filters and safety settings
- Encourage kindness and self-respect
- Tell the school if you see signs of bullying