

Information for schools and settings

# Keeping Your Child Safe Online

Free sessions for parents and carers, delivered by  
the Parental Engagement Team



# Keeping Your Child Safe Online

The Internet is amazing. Children can play, learn, create and connect, opening up a world of exciting possibilities, but excessive screen-time has become a source of family conflict and is negatively impacting children's mental health. To support with parenting in the digital age, we have developed an online safety programme for parents that will give an insight into their child's online world.

## What parents learn

- How the internet can support learning
- The role of the internet and social media in children's lives
- The dangers – online grooming, cyber bullying, sexual exploitation
- How to keep children safe online
- Dealing with excessive internet use and conflict

## What schools get

- Face to face and online sessions for parents
- Sessions delivered in English, Bengali and Somali
- Day time, evening or weekend sessions
- Useful resources and tip sheets
- Online safety videos for school websites and plasma screens
- One to one support for vulnerable families

**Book a free session for your school NOW by emailing [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk)**

**For more information about the programme visit [www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)**

