

O₂ | NSPCC

Let's keep kids safe online

The internet offers endless possibilities for kids to play, create, learn and connect. But there are also risks.

Our simple, practical information and advice can help you make sure your kids can safely navigate the online world – working as a **TEAM**:

- T**alking openly and regularly about what they're doing online
- E**xploring what your child enjoys doing online together
- A**greeing rules and boundaries
- M**anaging settings and controls





Get support

Head to [Net-Aware.org.uk](https://www.net-aware.org.uk) for bitesize info and advice about the latest social networks, apps and games kids are using.

Our online safety parent workshops provide practical tips. Contact parentworkshops@nspcc.org.uk

Play our [Parents vs Kids quiz](#) designed to start the conversation about your child's online world. Visit o2.uk/PlayParentsvsKids

For **advice** on parental controls, setting up your child's phone or a social network, O2's **technical advisors** are here to help. Call O2 free on: 0808 800 5002 or book an appointment with us in store.

Resources for parents and teachers are also available by calling our free advice line on: 0808 800 5002.