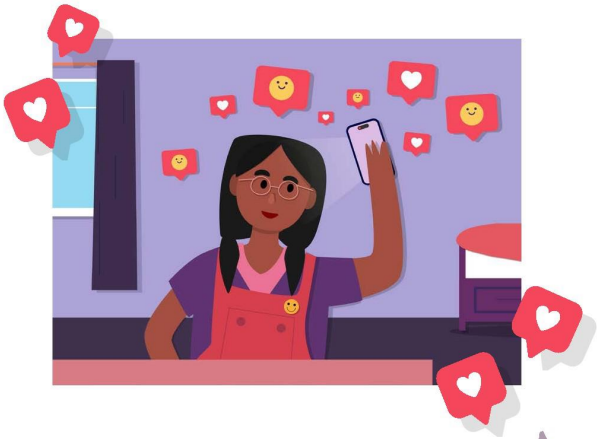
Supporting your child when they're online

Llywodraeth Cymru
Welsh Government

The content that young, curious minds encounter on games, social media and websites may be quite different to what adults are used to seeing online. This can make it difficult for you to know how to support your child as they navigate the online world. There is plenty of support available to help you keep your child safe.



The best way to help children and young people feel safe online is to have regular conversations with them so that they know they can tell you if they're worried or upset about something that's happened online. For advice on starting a sensitive conversation, here are **some tips**.

If there's a specific issue you want to know more about, there is free guidance available on **Keeping safe online**, including dealing with the impact of **influencers**, spotting **false information** online, dealing with **online bullying** and **sharing nude images**. The keeping safe online pages are available to everyone and do not require a password to access.

There are also **guides** available to help you understand the social media and gaming apps your child may be using, including their potential risks and how to enable parental controls and safety settings.

There is an area of Keeping safe online that is written for **children** where they can find advice on what to do and where to get help for themselves or their friends. As a parent or carer, you may find this information helpful too.

Children and young people sometimes have bad experiences online and we want them to know there is lots of **help and support available**. There are services to report inappropriate content, including **Report Remove**.

Children and young people can use Childline's Report Remove tool to report nude images and videos they are worried have been, or might be, shared publicly.

For more help and support visit: hwb.gov.wales/keepingsafeonline

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