

Guidance you can share with parents of England Netball members under the age of 18:

- Get to know your child's online habits. Children are inquisitive. They will look to explore the internet as much as they do the real world. Knowing the sites they go to, the people they meet there and what they do will help to keep children safe.
- Stay alert to any sudden changes in mood or appearance, or to any major change in habits or to increased secretiveness. These are often tell-tale signs that something is not right.
- Keep lines of communication open - tell your child they can always talk to you or another trusted adult, such as a teacher or Club Safeguarding Officer, if they do end up in some sort of trouble on the internet. Make children aware that there are things on the internet which may distress them.
- Spend time with your child(ren) surfing the internet together. Explain the Applications (App), games and social media platforms that are acceptable for them to use and the reason for others not being suitable.
- If your child(ren) mentions that they wish to use an App, game or social media platform that you have not permitted them to, research the area and explain the reason it is not acceptable.
- Spend some time surfing the internet yourself. The more that you know about the internet, the better able you are, in turn, to help your child navigate around it without coming to any harm.
- Set parental controls.

Further information for parents can be found on the NSPCC website here - [NSPCC's online safety advice for parents and the National Crime Agency website.](#)