



Safety Plan: As a Parent/Carer this is your responsibility

In the Community

- . Try to know where your child/children are at all times.**
- . Make sure that their phone is charged up so you can reach them at any time, also making sure they have sufficient credit so they can call you.**
- . Make sure your child is mixing with appropriate peers around the same age. Get to know their friends.**
- . Do not let your child sleep out / or visit unknown properties, unless you have spoken to an appropriate adult, and you are happy they are where they say they are.**
- . If your child does not turn up on time and cannot be traced inform the Police on 101, unless you feel your child is in immediate danger call 999**

In the On Line Community

- . Always check your child's activity online and make sure they are using age-appropriate sites. Take an interest in what they do online.**
- . Check that your child has not got any personal information online. (Phone number, address, school, also any pictures that display their school uniform).**
- . Sending or receiving inappropriate images/videos, is an offence (inform your child of this).**
- . To help protect your child/children, I would advise that parent/carer sets up appropriate applications for their young people, along with parental controls, making sure you have access to passwords/numbers.**
- . You would not let your child talk to a stranger in the street, be aware of who they talk to online and check their friends list regularly.**

Some useful links to sites that can give you helpful information on Child Exploitation, keeping your young people safe online and in the community.

Support and information

www.ceop.co.uk

www.paceuk.info

www.thinkuknow.co.uk

www.itsnotokay

www.nspcc.org.uk

www.fosi.org/good-digital-parenting

www.childrenssociety.org.uk