

## Safer Internet Day 2025

### **Tips for Parents and Carers: Keeping you and your loved ones safe online**

This Safer Internet Day we are starting a conversation about how to spot, respond to and report all types of scams online. Scams can take many forms and may target anyone, including young people. **Use these top tips to keep you and your loved ones safe online.**

#### ✓ **Enjoy going online together and talk regularly about your family's online lives**

The internet is amazing and can help us all to access information and entertainment. Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online. Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news. **Make sure your child knows they can talk to you about anything that they see or experience online.**

#### ✓ **Take online security measures seriously**

The internet can be a tool used by criminals to target their victims, but a few simple steps can help keep you and your accounts secure. Use strong and separate passwords for online accounts. You may also be able to set parental controls to prevent unwanted online purchases and limit children's access to harmful content.

#### ✓ **Look out for warning signs that someone or something online cannot be trusted**

"It just seems too good to be true!" - Other common signs of a scam include contact that you weren't expecting or being asked for money or personal information. Scammers use other tactics to manipulate their victims into paying, like playing with your emotions, or building a sense of urgency so you are rushed into making a decision. If you aren't sure it's reliable, don't risk it.

#### ✓ **Remember that anyone can be a victim of a scam**

Scammers are good at what they do and will target anyone. We all need to stay vigilant and support those who are most vulnerable including children and the elderly by helping them recognise what to look out for. If anyone in your family has been scammed, talk openly about it. There should be no shame in being victim to a scam and it's never your fault.

#### ✓ **Know where to get help if something goes wrong**

If you or someone you know has been the victim of a scam online, you're not on your own. Help is available and you are not to blame for what has happened. In England, Wales and Northern Ireland, you can report fraud and cyber crime online to Action Fraud or by telephoning 0300 123 2040. You may also be able to report via social media, if the scam has taken place there or to another relevant organisation, like your bank, if you think your account is at risk.

**Remember, if you or anyone else is in immediate danger, call 999 immediately**