

What are kids really doing on line

<http://www.cyberwise.org/>



As social networking becomes ever more popular, is it becoming a more of a concern for parents?

Lets discuss it

How do your children feel when you share pictures of them

<https://www.thinkuknow.co.uk/parents/articles/Sharing-pictures-of-your-children/>

What should parents be aware of?

- The information that is out there to assist you.
- [net-aware.org](https://www.net-aware.org)

More information



Speak to an expert in-store

Anyone can get free online safety advice from O2's friendly experts in-person at an O2 store. They can help you with the settings on the apps, such as turning on privacy settings and turning off GPS.

[Book a free appointment now](#)



Get your question answered

If you want specific advice on video chat and video sharing or you just want some friendly advice - you can speak to one of our experts from the O2 & NSPCC helpline.

0808 800 5002



Online safety

We've teamed up with O2 to help you keep children safe when they're using the internet, social networks, apps, games and more.

[Online safety advice](#)

What can parents do to protect children?

- **The most valuable thing a parent can do is talk to their child(ren)**
- **Be aware of inappropriate messaging or sexting (including their own digital footprint)**
- **Who are they talking to**
- **What should they do if something is wrong**
- **Be familiar with site and platforms your children are using**
- **Talk to your child's school if they are being bullied online.**
- **Make sure you and your child know where and how to report a site or to get posts removed from a site**
- **Agree time limits or use time limiting apps**
- **Make sure you understand privacy and security settings for the app your child is using**