

ONLINE SAFETY GUIDE

Helping families navigate the online world safely.



OCTOBER 2025

In today's connected world, keeping our children and young people safe online is more important than ever. Each month, Compass Be will support this by sharing practical tips, advice, and any latest updates on online safety. Whether you're looking for specific safety settings, to recognize potential risks, or foster healthy online habits, we're here to support you. Let's empower our children to explore the digital world with confidence and protection.



COMPASS BE CONNECTING WITH PEERS ONLINE - WORKSHOPS IN SCHOOLS

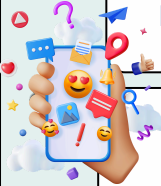
Many young people we work with in Barnsley, tell us often they don't always tell an adult about what they have seen, heard or received online in fear of having their device taken away or an app deleted. It's important young people know that what they have seen, heard or received online is not their fault and that they can come to you to talk about their life online at any time.



TOP TIPS

HEALTHY ONLINE HABITS..

Have certain areas (like the dinner table) or times (like an hour before bedtime) where screens are put away, and the family focuses on face-to-face conversations and activities. This helps everyone disconnect from devices, promotes stronger family bonds, and supports better sleep and mental wellbeing.



SOCIAL MEDIA TOP TIPS



- Research and find out more information about the app before signing your child up.
- Make sure they sign up with the correct age so the app can help protect them.
- Set rules around friends and people they connect and speak with online.
- Make sure they know where to report/block things on the app.
- Talk about what is ok/not ok to share, language, information, pictures, videos, personal information.
- Explore the safety features together!
- Set up parent controls to monitor activity and adjust settings that are age appropriate.

OPEN COMMUNICATION IS THE FOUNDATION OF ONLINE SAFETY!

Young people can easily come across harmful content online, even with safety settings in place. It's important your child knows they can come to you with any online issues. Even if you think they know they can, remind them.

Open communication builds trust, helps you catch problems early, and teaches your child how to handle challenges safely. Even with filters and controls, nothing replaces a supportive conversation. Let them know you're there to listen, not to judge. ✓

Visit our website for conversation starter suggestions!



<https://compass-uk.org/services/compass-be-barnsley-mental-health-support-team/healthy-peer-relationship-service/>

MANAGING PEER PRESSURE ONLINE

For most young people, it can often feel like they can't escape peer pressure..even online. They may lose themselves quite easily trying to keep up with everyone around them. Go through different real life scenarios with them and potential ways of dealing with difficult situations online safely to maintain good online wellbeing.



18+

Some social media apps/games will help with safety settings when they sign up, so it's really important they are always honest about their age online so the apps/games they use can help keep them safe! Even with settings in place, there is still a risk of seeing/hearing things online that may upset them or make them feel uncomfortable, worried or confused. Make sure they know how to block and report content they don't want to see online.

16+

12+

Use the websites below to help with privacy settings, reporting content and parent controls.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

NSPCC