

# Covid-19 Parenting

## Keeping Children Safe Online

Children and teens are now spending a lot more time online. Being connected helps them reduce the impact of COVID-19 and encourages them to continue with their lives... but it also presents risks and dangers.

### Online Risks.

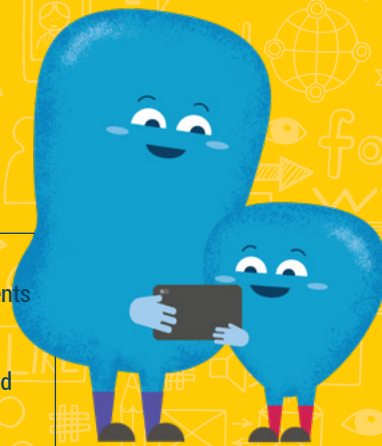
- Adults targeting children for sexual purposes on social media, gaming, and messaging platforms.
- Harmful content – violence, misogyny, xenophobia, inciting suicide and self-harm, misinformation, pornography etc.
- Teens sharing personal information and sexual photos or videos of themselves.
- Cyberbullying from peers and strangers.

### Tech fixes to protect your children online.

- Set up [parental controls](#).
- Turn on [SafeSearch](#) on your browser.
- Set up strict [privacy settings](#) on online apps and games.
- Cover webcams when not in use.

### Create healthy and safe online habits.

- Involve your child or teen in creating family tech agreements about healthy device use.
- Create device-free spaces and times in your house (eating, playing, schoolwork, and sleeping).
- Help your child learn how to keep personal information private, especially from strangers – some people are not who they say they are!
- Remind your children that what goes online stays online (messages, photos, and videos).
- Actively supervise children's time online, including computers, smartphones, and tablets.



### Spend time with your child or teen online.

- Explore websites, social media, games, and apps together.
- Talk to your teen on how to report inappropriate content (see below).
- [Common Sense Media](#) has great advice for apps, games and entertainment for different ages.

### Keep your child safe with open communication.

- Tell your children that if they experience something online that makes them feel upset, uncomfortable, or scared, they can talk to you and you will not get mad or punish them.
- Be alert to signs of distress. Notice if your child is being withdrawn, upset, secretive, or obsessed with online activities.
- Create trusting relationships and open communication through positive support and encouragement.
- Note that every child is unique and may use different ways to communicate. Take time to adjust your message for your child's needs. For example, children with learning disabilities, may require information in simple formats.



Share with colleagues, friends and family | Spread the word | Keep children safe online.

Report online violence against children:

Other resources:

- CHILD HELPLINE
- INHOPE HOTLINES
- IWF PORTALS
- SAFETY BOOKLET
- UNICEF
- OTHER LANGUAGES
- EVIDENCE-BASE

Partners



Funders



The COVID-19 Parenting Emergency Response is supported by the UKRI GCRF/Newton Fund, the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, Oak Foundation, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.