



Internet and Social Media Safety

At The SNAP Centre and on the SNAP helpline we are often asked for help with this particular issue. Increasingly, children and young people are learning, playing and socialising using online resources. Many children with special educational needs are supported to use information technology in schools to allow them to access their education more successfully. Children use the internet to do their homework, to play games and to socialise with their peers.

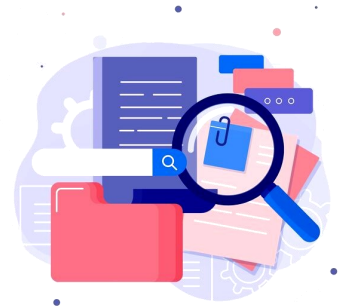


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Parents are often 'left behind' as technology advances and consoles, mobile phones, tablets and computers are upgraded. New apps, software, online games and social media platforms are introduced frequently and it is difficult for parents to ensure they are fully protecting their vulnerable young person from potential hazards and negative experiences online.



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SNAP has gathered some information sources and websites that offer some tips and guidance to help navigate this tricky topic

- [UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre](#) This website has a section for parents and carers giving e-safety tips, advice and resources to help children and young people stay safe on the internet
- [SEND - UK Safer Internet Centre](#)—Resources that provide topics and suggestions for starting and having discussions with neurodivergent young people about online experiences.
- [Childnet.com](#)-This website has a section that gives all the information to help you keep your child safe online. If you are puzzled by parental controls or would like to know more about gaming, this section can help. There are useful tips to keep up to speed with what young people are doing online and ways to keep your child safe.
- [STAR SEND Toolkit - Childnet](#) - A downloadable STAR (Safe Trust Action Respect) SEN Toolkit has been created to give practical advice and teaching activities to help explore e-safety with young people on the autism spectrum in Key Stage 3 and 4. All four sections feature the concept of friendship and have a focus on finding the balance between online and offline interaction.



The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.



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More information sources offering some tips and guidance:



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- [Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](https://internetmatters.org) - Advice and simple things you can do to make sure your children are using the internet safely, from pre-school to teens.



- [Safety Tips & Advice - Connect Safely](https://connectsafely.com) - Tips and advice on all aspects of online activity, with parent guides on topics such as cyberbullying, Snapchat, mobile phones, cyber security and Virtual World Safety Tips for Parents of Teens.



- <https://cerebra.org.uk/wp-content/uploads/2022/04/internet-safety-2022-low-res.pdf> —A Parent's Guide - The charity Cerebra has produced a useful guide on all aspects of internet safety for parents of children and young people with learning disabilities and autism.



There is also a sheet called Play IT Safe, with tips when using the internet on computer and mobile phone.

- [CEOP Safety Centre](https://ceop.gov.uk) - CEOP is a National Crime Agency command and this website is an advice, help and report centre.



- [Staying Safe on Social Media and Online | Foundation for People with Learning Disabilities](https://www.foundationforlearningdisabilities.org)
An easy-read guide for people with learning disabilities. It can be freely downloaded from their website.



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More information sources offering some tips and guidance:

- <https://esafetytraining.org/resources/> - The 2 Johns offer resources and guides, podcasts and videos, aimed at parents, carers, children, schools and professionals. They also offer training events online and in person.



eSafetyTraining
"The 2 Johns"

- <https://www.ambitiousaboutautism.org.uk/information-about-autism/health-and-wellbeing/support-for-education/online-safety> - An easy read guide to help you talk to your child about staying safe online.



Ambitious
about Autism

- <https://www.myfamilyourneeds.co.uk/support-child/connectivity-young-people-additional-needs/> - Article that discusses internet use in children with additional needs.



- <https://specialkids.company/blogs/latest-news/internet-safety-rules-to-teach-a-child-with-autism> - Includes a link to NSPCC social story to explain cyberbullying.



Books:



Staying safe online (Louie Stowell, 2016) Usborne Publishing Limited- Provides clear and helpful guidelines to being safe on the internet covering a variety of topics for both children and adults to be aware of.

How We Got Cyber Smart (Lisa Rothfield-Kirschner, 2019) Rembrandt Street Publishing- Addresses cyber bullying and online safety for elementary school-aged children. Following adventures of two children navigating the online world.

How to Stay Safe Online: A Digital self-care toolkit for developing resilience and allyship (Seji Akiwowo, 2022) Penguin Publishing- Comprehensive guide to spotting, responding to and proactively defending yourself from online abuse and learning how to be a good ally to those experiencing it.

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Please scan QR code or click on the link to access this and our other information sheets

[Downloadable Survival Guides, Information and Resources from SNAP](#)



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