

Family Lockdown Guide

Be
Internet
Legends.

Family Lockdown Guide – Introduction

5-minute read

Summary



You know your child better than anyone – so you can probably spot when something might be wrong.

Chances are, you've had lots of conversations to reassure them during the pandemic – and you already encourage them to **come to you** whenever they're **anxious about something** they've seen, heard or experienced in the offline world.

The same thing applies to the internet – and that's what this guide is all about. It's full of guidance to help you **support your child's online safety** during **lockdown** and make sure they know to be brave and speak to you if they're unsure. Often, children will share their worries with teachers or members of school staff, as well as you. But it's trickier to do that now – so this message is even more important.

It's based on **Be Internet Brave** – a key part of **Google and Parent Zone's Be Internet Legends**. Be Internet Legends is a programme that helps seven to 11-year-olds to become safer and more confident online.

You can find out more about Be Internet Legends by visiting [g.co/beinternetlegends/parents](https://www.google.com/beinternetlegends/parents)



Being Internet Brave during lockdown



Most of us are relying on **video chats, messaging services** and other digital tools at the moment – including children.

These are great ways for everyone to keep learning, relaxing and staying in touch with friends and we know how important that is for children. As parents it also means we need to be extra alert to some of the **risks** that extra time online can bring.

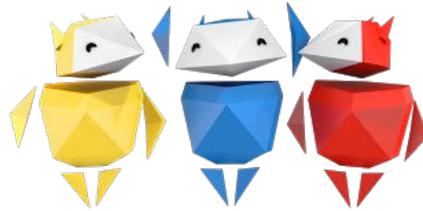
It's especially important to make sure that children know how to **get help** if they do experience something tricky online – and that's where Be Internet Brave (one of the pillars of Be Internet Legends) can really help.

When in doubt, discuss



Every Be Internet Legends pillar has a phrase that helps children to remember what they should do whenever they go online.

For Be Internet Brave, we say “**when in doubt, discuss**”. We know that children can be **nervous about asking for help**, especially if they’ve broken one of your rules or done something they shouldn’t have. That’s why Be Internet Legends reminds them that “discussing” their worry with a parent or trusted adult is really **Brave**.



When it comes to helping your child be Brave, there are lots of things you can do:

- Encourage them to **ask questions** whenever they want, about whatever topic they want. Perhaps you could have a mid morning ‘ask me anything’ break, or a casual chat over breakfast.
- Show an interest in the **apps and sites** that they like to use and ask them to show you how to use them and what they like about them.
- Set **clear family rules** and expectations around technology and let children know these may change as they get older. It’s important that your child knows that you are aware of what kind of things they do online and that you all agree what is appropriate at any given age.
- For even more tips and advice on helping children to Be Internet Brave, visit **Google’s Be Internet Brave page**: beinternetlegends.withgoogle.com/en_uk/parents/brave
- Watching **The Legends Family Adventure** together is a great way to start conversations about online safety: g.co/legendsfamilyadventure
- You can also visit the **Be Internet Legends parent hub** where you can download lots of fun family activities and free resources to help your child learn the skills they need to be safer and more confident online: parents.parentzone.org.uk/download