

# #OnlineSafetyAtHome

## Responding to our parents survey



We asked you how lockdown life was going and what online safety support you and your family wanted.

Over 300 parents and carers have responded to our survey. Here's what you told us and where to find further information and support

### More time and opportunities together

One of the positives has been spending more time together as a family. For half of you, being able to support children with their learning has also been a great opportunity. And you have also been having fun. Almost a third of you have tried out some of the apps, games and sites your children like to use.

*For those of you who asked, you can find guidance on the most popular social networks, apps and games on the [O2 NSPCC Net Aware](#) website.*

### Managing time, mental health and wellbeing

But there are also some challenges. At least half of you are finding it difficult to juggle your own work and support your children with their schoolwork. Children are lacking motivation to do schoolwork, and some are feeling anxious. Many of you wanted more information about responding to your child's anxiety and mental health.

*[Parent Info](#) is a website for parents provided by NCA-CEOP and Parent Zone, to help families in a digital world. There is a whole section on [Health and Wellbeing](#). This includes advice about dealing with mental health and anxiety related to Coronavirus.*

### Keeping your child safe online

Everyone is spending more time online now. For some parents and carers there is still a worry about monitoring what their child is doing and the potential risks.

The most important thing you can do is chat little, and often about what they are doing. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

Don't forget, every two weeks we are releasing new [home activity packs](#) to with 15 minute activities you can do with your child. We also have Helpsheets for Parents and Carers with key online safety advice and links to our resources.

Our survey is still open, and we want you to keep telling us how life is going and what we can do to help and support you.

Even if you have filled it in before!

The survey can be found [here](#).



Parents and carers