It can be hard to keep track of what your child is doing on social networks, apps and games. Or know how to keep them safe.

That's why we've teamed up with O2. Together we're helping parents untangle the web. And teach their children to be Share Aware.

Because, just like in real life, kids need your help to stay safe online.
Talk about their online world

We talk to children about crossing the road, bullying and speaking to strangers. But what about staying safe in the digital world?
Having regular conversations about what your child is doing online - just like you would their day at school - is the best way to keep them safe.

You'll be able to spot any problems, encourage them to come to you if they're worried and make sure they know what's ok to share online - and what's not.

You can find out more about the social networks, apps and games your child uses with our Net Aware tool.

3 tips to help start the conversation

1. Explore sites and apps together and talk about any concerns.
2. Ask your child if they know how to stay safe online.
3. Talk about personal information and what to share online.

Get more advice about how to talk to your child to help them stay safe.

Create a family agreement

Creating a family agreement is a great way to start talking about online safety.
It'll help your child understand what behaviour is appropriate when they're online. And they'll know who they can turn to if they are ever worried about anything they see or do.

Download and print our agreement template to get started.

Get support whenever you need it

Explore popular social networks, apps and games

Children and young people use social networks to:

- share photos or videos
- chat with people via messages, voice calls or video
- film and broadcast videos via live-streaming
- play games

You've probably heard of Facebook, YouTube and Snapchat - the most popular networks used by 11-16 year olds. But what about Omegle, Musical.ly and Periscope?

To learn more about children's favourite social networks, their suggested ages and how to use privacy settings, visit Net Aware.

What social networks are children using?

From Facebook and Instagram to Snapchat and YouTube, Net Aware is a simple guide for parents to the most popular social networks, apps and games

Visit Net Aware
Stori Mia: Ymgyrch Pwyllo Cyn Rhannu

Gwelais i dy 'willy' di: Ymgyrch Pwyllo Cyn Rhannu

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More ways to be Share Aware

Manage parental controls

We can help you set up parental controls to block upsetting or harmful content and help keep your child safe online.

Find out more
Share Aware – resources for schools and teachers

Helping teachers and practitioners provide no-nonsense advice to children to help them stay safe online

Download our teaching resources

Online safety

What parents need to know to help keep your child safe wherever and whenever they go online.

Online safety advice

Download Share Aware guide

If you're not sure where to start, download our guide for top tips on how to be share aware and talk to your child about staying safe online.

Donate now

Abuse changes childhoods. But so can we. Your donation will help make sure we're there, whenever a
child needs us.

Make a donation