



# ONLINE SAFETY CORNER

## Information from Beds Police Education and Diversion Team



### Parents & Carers — Want to keep your child safer online?

We're hosting **free webinars** to help you understand online risks, cybercrime, and simple steps you can take to protect your family.

Two parts:

- ♦ *Intro to Cyber Choices & Online Risks*
- ♦ *Practical Cyber Security Tools for Families*

Perfect for anyone with children aged **9+**.

Book via this link: <https://www.easternprotect.org/webinars>

Queries: [cyberprotectorsou@beds.police.uk](mailto:cyberprotectorsou@beds.police.uk)

## Free Webinars for Parents & Carers



### Parents & Carers Cyber Choices and Online Safety Events

Please note there are two parts to the parent events, and you will need to register for each independently. This session is suitable for parents/carers of children in Year 5 (age 9) and above. This is an opportunity to learn and ask questions regarding your child's online world.

If you think these events may be of interest to others, please forward this information on to them. For any questions, please email us at [cyberprotectorsou@beds.police.uk](mailto:cyberprotectorsou@beds.police.uk).

### Parents Event - Pt1 - Introduction to Cyber Choices and Online Risks

This session will introduce you to the [Cyber Choices programme](#) and will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also receive an overview of:

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

These events are **free**, and you can book your tickets directly via:

Wednesday 11 <sup>th</sup> March	14:00 – 15:00 - <a href="#">Link</a>
Thursday 7 <sup>th</sup> May	13:00 – 14:00 - <a href="#">Link</a>
Monday 6 <sup>th</sup> July	10:00 – 11:00 - <a href="#">Link</a>
Wednesday 23 <sup>rd</sup> September	16:00 – 17:00 - <a href="#">Link</a>
Tuesday 10 <sup>th</sup> November	11:00 – 12:00 - <a href="#">Link</a>

### Parents Event - Pt2 - Tools and techniques to improve the cyber security of your family

This session will:

- Provide advice on how to improve your personal cyber security.
- Help you to identify and protect your (and your children's) key accounts.
- Identify threats and techniques that cyber criminals may use to target you / your family.
- Highlight the benefits of family accounts.
- Identify parental controls on your router.
- Signposting to useful resources.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaign.

These events are **free**, and you can book your tickets directly via:

Wednesday 18 <sup>th</sup> March	10:00 – 11:00 - <a href="#">Link</a>
Thursday 14 <sup>th</sup> May	13:00 – 14:00 - <a href="#">Link</a>
Monday 13 <sup>th</sup> July	10:00 – 11:00 - <a href="#">Link</a>
Wednesday 30 <sup>th</sup> September	16:00 – 17:00 - <a href="#">Link</a>
Tuesday 17 <sup>th</sup> November	16:00 – 17:00 - <a href="#">Link</a>



# ONLINE SAFETY CORNER



## PARENTING IN A DIGITAL WORLD

### A Guide for Parents

#### 1. Your Child and the Online World

##### Children use the internet to:

- Learn
- Play games
- Watch videos
- Talk to friends

**The online world can be helpful and fun, but children need adults to help them stay safe and healthy.**

#### 2. Be a Good Role Model – Children copy what adults do.

##### Try to:

- Limit phone use at meals and bedtime
- Be kind and respectful online
- Think before posting photos or messages
- Ask before sharing photos of your child
- If you are unsure, do not post.

#### 3. Talk Openly With Your Child

##### Let your child know:

They can talk to you about anything online

They will not get in trouble for asking for help

##### Say often:

**“I am here to keep you safe.”**

#### 4. Devices, Apps and Games

##### You can use:

- Parental controls
- Internet filters
- App store passwords

##### Always:

- Check age ratings on games and apps
- Be careful with in-app purchases (spending money)
- Remember that most apps, especially social media platforms, have an age rating of 13

**Talking with your child is more important than any app or filter.**

#### 5. Privacy and Digital Footprint A digital footprint is what we leave online.

##### Teach your child:

- Do not share full name, address or school
- Do not share photos without permission
- Use nicknames or avatars when possible
- What goes online can stay online forever.





# ONLINE SAFETY CORNER

## 6. Online Content

Children may see things that are:

- Scary
- Rude
- Upsetting

Tell your child to:

- Close the screen
- Tell a trusted adult
- Never share harmful content

Age ratings help protect children.

## 7. Online Friends and Strangers

Not everyone online is honest.

Teach your child:

- Never share personal information
- Never meet someone they only know online
- Stop talking to anyone who makes them uncomfortable

## 8. Bullying and Wellbeing

Online bullying can happen at any time.

Help by:

- Talking often
- Limiting screen time
- Helping children save messages or screenshots
- Make sure your child knows more than one trusted adult



Have screen-free meal times.



Let children take a break after 1-2 hours.



No screens before bedtime and leave devices outside bedrooms.

## 9. Final Message: You do not need to be a technology expert.

What matters most:

Care

Trust

Communication

Small, regular conversations make the biggest difference.




# SEND/ Health and Wellbeing



# SEND STAY & PLAY

**0-14  
years**

An open, parent-supervised, soft play session for children with SEND & their siblings

 07/03 | 02/05 | 06/06 | 04/07 | 01/08 | 05/09 | 03/10 | 14/11 | 05/12

 3.15pm-4.15pm

 Open to SEND children only (unless attending as a sibling)

**£6.50 FOR X1 ADULT & X1 CHILD | + £6.50 PER  
EXTRA SIBLING**

BOOK ONLINE NOW



[www.saltogym.org](http://www.saltogym.org)



**SALTO GYMNASTICS CLUB**

98 Camford Way

Luton

LU3 3AN

# Community



**Have you ever heard of  
TOO GOOD TO GO?**

Download the app for free to purchase food at significantly lower prices in a range of shops, cafes and restaurants.

**Good for the environment and  
good for you!**

## Volunteer Fair



Are you Interested in Volunteering?

Would you like to discuss volunteering opportunities with local Businesses?

Then come along to our **Volunteer Fair** held at  
**Luton All Women's centre on 7<sup>th</sup> May from  
1pm to 2.30pm**

Luton All Women's Centre  
T: 01582 416783  
Email: [louise@lawc.org.uk](mailto:louise@lawc.org.uk)  
Charity No. 1101754

**LUTON**  
**ALL WOMEN'S**  
CENTRE

# Community

LUTON  
ALL WOMEN'S  
CENTRE

## WOMEN'S ACADEMY

### 5 WEEK COURSE

#### TOPICS:

- Building confidence, managing stress and anxiety in the workplace
- Key employability skills
- Basic digital skills
- Preparing for interviews
- Visit to Luton Adult Learning and Luton Library

The Women's Academy will also provide tailored 1-1 support to help you reach your employment goals.

#### Upcoming 5 Week Course:

**Day:** Wednesdays

**Dates:** June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, July 1<sup>st</sup>

**Time:** 10am - 12:30pm

Arrive at 9:45am ready for a prompt 10am start

**Location:** Luton All Women's Centre

If you are interested or would like more information, please email [louise@lawc.org.uk](mailto:louise@lawc.org.uk)

Charity Number 1101754

LUTON  
ALL WOMEN'S  
CENTRE

## WOMEN'S ACADEMY

### 10 WEEK COURSE

#### TOPICS:

- Goal setting
- Managing stress and anxiety in the workplace
- Confidence building
- Identifying strengths and skills
- Key employability skills
- CV building
- Interview techniques and mock interviews
- And much more!

The Women's Academy will also provide tailored 1-1 support to help you achieve your employment goals.

**Start Date:** 13<sup>th</sup> April 2026

**End Date:** 23<sup>rd</sup> June 2026 (break for May half term)

**Days Onsite:** Every Monday and Tuesday

**Time:** 10am - 2:30pm, including 30 minute lunch break

**Remote Learning:** Materials will be provided for one work from home day each week

If you are interested or would like more information, please email [jo@lawc.org.uk](mailto:jo@lawc.org.uk)

Charity Number 1101754

Luton  
Adult Learning

LUTON  
ALL WOMEN'S  
CENTRE

## WOMEN'S ACADEMY

### Adult Education & training

**Location:** Luton All Women's Centre

**When:** 30<sup>th</sup> April

**Time:** 1pm to 2.30pm

Boost your chances of employment with this expert-led adult education & training workshop;

- Discuss the benefits of adult education
- Learn what courses are on offer
- Understand the different levels & outcomes of each course

If you are interested or would like more information, please email [louise@lawc.org.uk](mailto:louise@lawc.org.uk)

Charity Number 1101754