

# Top Tips

## For parents and carers

1. Set boundaries for time and behaviour
2. Think about the 'Ladder of Trust'
3. Engage with their online life, show an interest in their games, friends and interests
4. Reward good behaviour and notice when they do right thing!
5. Use parental controls
6. Review your family rules every 3 months or so
7. Have at least an hours screen free time before bed
8. Be a safe place to fall if your child needs help



 **i-vengers**

Learn to be a hero

# Help and Support

## Useful websites

1. [Taming Gaming](#) for information about the most popular games and platforms
2. [Internet Matters](#) for setting Parental Controls and issue based advice (bullying, gaming, social media)
3. [Parent Zone](#) for Digital Parenting advice
4. [CEOP](#) to report online sexual abuse or concerns that your child is being targeted
5. [Report Harmful Content](#), a second line of defence when in-game or in-app reporting
6. doesn't work

The logo for i-vengers, featuring a stylized lowercase 'i' with a white dot, followed by the word 'vengers' in a bold, white, sans-serif font. The entire logo is set against a dark red rectangular background.

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# The online world needs heroes... Heroes like you!



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