

Thank you for your support

We recently held an O2 and NSPCC free **online safety workshop for parents and carers** at our school. The hour-long workshop has aimed to help parents and carers understand more about their child's online world and build confidence to have conversations with them about it.

Whether you attended or planned to attend but couldn't, your views are important. They help O2 and the NSPCC improve the experience of the workshops for parents and carers joining them in the future. Please take a few minutes to complete a short online survey. The survey can be accessed here: www.nspcc.org.uk/ParentO2feedback

Don't forget this isn't the end of your online safety journey. Children need continual help learning how to navigate the risks online and enjoy the online world safely. Having regular conversations with your child is the most important way to help. And it's never too early to start.

Until then, if you need any support or guidance about keeping children safe online, here are a few things you could do:

- Visit our [NSPCC](#) and [O2 NSPCC website pages](#),
- Call our free **O2 NSPCC Online Safety Helpline** on **0808 800 5002**
- Download our Net Aware app on the App Store or Google Play
- Pop into your local O2 store for free online safety help from a [Guru](#) – you don't even have to be an O2 customer!
- Sign up to our [icebreaker email series](#).

The NSPCC is committed to helping you keep children safe. Please visit www.nspcc.org.uk to find out more about its work and how you can get involved.

Thank you so much for attending the workshop, if you have any further questions, please contact me.