

Dear Parents and Carers,

We're here to help you keep your child safe online

O2 and the NSPCC have joined forces on a mission to help all children and their families in the UK stay safe online. Together, they're offering useful tools, support and guidance to help parents and carers have frequent conversations with their children about their online lives.

Our free online safety workshop for parents and carers

We would like to invite all parents, carers or family members to a free **online safety workshop** at Maddiston Primary on Thursday 7th February from 4.00-5.00pm or Braes High School on Wednesday 13th February from 7.00-9.00pm (additional workshops included). The content covered in the workshops is aimed at adults. Parents with children are advised to arrange childcare if possible.

The workshop will help parents, carers and other adults understand their child's online world, build confidence to have those important conversations that can help keep children safe online and help you know where to go for help and advice.

"After coming to this workshop today, I realise the importance of having conversations with my child rather than avoid the subject. I didn't know there were things I could do to make it better, I'm so glad I came to this workshop. I will definitely be calling the helpline or going into store to get some help, thank you." – Parent who attended the workshop

Don't miss out on this great opportunity. RSVP by replying to this email by responding to Maddistonprimaryschool@falkirk.gov.uk for the attention of Shannon Swanston (Thursday 7th event) Braeshighschool@falkirk.gov.uk for the attention of Anne Patterson (Wednesday 13th event)

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 online safety help from a [Guru](#) – you don't even have to be an O2 customer!
- Sign up to our [icebreaker email series](#).

Many thanks,

Caroline Sweeney

