ACADEMIC CALENDAR 2025 2026

Online Safety 4 Schools

Online Safety for Schools

PRIMARY & SECONDARY
ONLINE SAFETY IN SCHOOL
JONATHAN TAYLOR

Top 10 Cyber Security Tips for Parents

1. Use Strong Passwords (and Never Reuse Them)

Most people still reuse the same password across multiple accounts.

Rule:
Every important account should have its own strong password.

Best option: use a password manager (Bitwarden, 1Password, iCloud Keychain).

2. Turn On Two-Factor Authentication (2FA)

This is one of the biggest protections available.

Even if someone steals your password, they cannot log in without the second code.

Enable 2FA for:

- Email
- Banking
- Amazon
- Social media

3. Be Suspicious of Unexpected Messages

Scammers rely on panic and urgency.

Be careful of texts or emails saying:

- "Your account is locked"
- "You owe money"
- "A parcel couldn't be delivered"
- "HMRC are investigating you"

Stop. Think. Don't click.

4. Never Click Links in Texts From Unknown Sources

Smishing (SMS phishing) is extremely common in the UK.

Instead:

- go directly to the official website
- phone the company using a trusted number

5. Protect Your Email Account Like Gold

Your email is the key to resetting passwords for everything else.

Use:

- a strong password
- 2FA
- recovery phone/email updated

6. Watch Out for "Friend or Family" Impersonation Scams

A very common scam:

"Hi Mum, I've lost my phone. This is my new number. Can you send money?"

Always verify with a phone call or in person.

7. Keep Devices Updated

Updates are not just annoying — they fix security holes.

Make sure phones, tablets, laptops update automatically.

This includes:

- apps
- browsers
- antivirus

8. Avoid Public Wi-Fi for Banking

Free Wi-Fi in cafés, airports, hotels can be insecure.

If you must use it:

- avoid banking
- use mobile data or a VPN

9. Check Privacy Settings on Social Media

Scammers gather information from Facebook and Instagram.

Limit who can see:

- birthdays
- addresses
- holiday plans
- grandchildren's names and schools

Oversharing makes fraud easier.

10. Have One Simple Family Cyber Safety Rule

Families should agree:

- If anyone receives a suspicious message, they tell someone.
- No one sends money or details without checking first.

Cyber safety works best as a shared family habit.

⭐ Bonus Tip

If You're Unsure — Ask Someone You Trust

Scammers succeed when people feel rushed or embarrassed.

A simple rule:

If it feels urgent, it's probably a scam.

Closing Line for Your Talk

A great takeaway sentence is:

Cyber security isn't about being an expert — it's about slowing down, checking first, and using a few strong protections.

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