

Welcome to the February 2026 Scomis Online Safety Newsletter for Parents and Carers

Protect yourself and others from Online Scams

The [UK Safer Internet Centre \(UKSIC\)](#) has advice and guidance for parents and carers which will inform you on:

- starting a conversation about how to spot an online scam
- how to respond to and report an online scam

Use these top tips to keep you and your loved ones safe online.

Enjoy going online together and talk regularly about your family's online lives

Make sure your child knows they can talk to you about anything that they see or experience online.

Take online security measures seriously

Use [strong and separate passwords](#) for online accounts and [set up two step verification](#) (2SV) where it's available. You may also wish to [set parental controls](#) to prevent unwanted online purchases and limit children's access to harmful content.

Look out for warning signs that someone or something online cannot be trusted

"It just seems too good to be true!" – Other common signs of a scam include contact that you were not expecting or being asked for money or personal information (think: bank or contact details, passwords, or phone numbers). Scammers use [other tactics](#) to manipulate their victims into paying, like playing with your emotions, or building a sense of urgency so you are rushed into making a decision. If you aren't sure it's reliable, don't risk it.

Remember that anyone can be a victim of a scam

Scammers are good at what they do and will target anyone. We all need to stay vigilant and support those who are [most vulnerable including children and the elderly](#) by helping them recognise what to look out for.

Know where to get help if something goes wrong

If you or someone you know has been the victim of a scam online, you're not on your own. Help is available and you are not to blame for what has happened, you can report fraud and cyber crime online to Action Fraud or by telephoning: 0300 123 2040.

Remember, if you or anyone else is in immediate danger, call 999 immediately.

Don't forget to re-visit your Social Media Settings and make sure they are up to date!

Social Media Guides

Consider the following questions:

Do you know if your child is using Social Media?

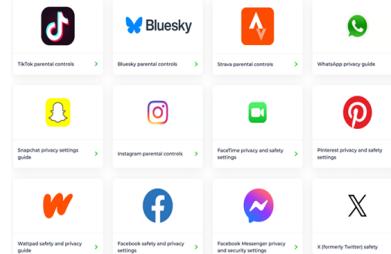
Does your child use chat sites and/or Apps to talk to family and friends?

Do you know if your child is sharing selfies?

Have you set up parental controls?

If you answered 'no' to any of the above questions visit :

[Internet Matters](#) and review their advice and guidance on:



Remember if your child is gaming online, they could be chatting and communicating with other players (**strangers**) or friends. [Internet Matters](#) has provided safety guides and videos to help you keep your child safe.

Screen time

With screentime in the news, you might like to view the following videos:

[How to help your teen reduce their screen time - BBC Bitesize](#)

[Parents of under-fives to be offered screen time guidance - BBC News](#)

Further websites to visit

Check the following websites:

[Childnet's Parent and Carer's Toolkit](#)

[ThinkUKnow's advice for Parents and Carer's](#)

[ThinkUKnow's interactive website for 4-7 year olds](#)

Need Help in the holidays?

Remember FREE advice is just a phone call away from the [NSPCC helpline](#):

0808 800 5000

[Childline](#): 0800 1111