Eyes Wide Open

Helping young people stay safe online



Gaming, messaging and social media are part of everyday life for many young people. Eyes Wide Open is a Northamptonshire Police campaign that helps families talk about online risks, including bullying, harmful content and unwanted contact.

Watch the short Eyes Wide Open campaign film

Start with a conversation

Ask your child to show you a game, app or group chat they enjoy. Try one question at a time.

- "What would you do if someone in a game asked you to move to a private chat?"
- "If a message made you uncomfortable, who could you tell?"
- "Can you show me where the block and report buttons are?"

Some young people find it easier to talk while doing an activity or to show you what happened on their device. Give them time to tell you in their own way.

Check settings together

Choose one app or game. Check who can contact your child, who can see their posts and whether their location is shared. Agree what they can do if someone pressures them to share information, send an image or keep a conversation secret.

If your child tells you something worrying

"Thank you for telling me. We'll work out what to do together." Listen calmly and let them explain in their own words. If you're worried about your child's online safety, contact the school office and ask to speak to the Designated Safeguarding Lead (DSL).

The Safeguarding Team • Cambian Northampton School