



Should you wish to have more health information for supporting your children email:  
[childhealth@medway.gov.uk](mailto:childhealth@medway.gov.uk)

[abettermedway.co.uk](http://abettermedway.co.uk)

## Apps Safety:

Do you have knowledge and confidence in the apps your children and younger members of the family are using?

The BBC have developed a safeguarding app in order to support your children and young people to make safer decisions when using their electronic devices:

<https://www.bbc.com/ownit/take-control/own-it-app>

If you would like more information on how apps work and permissions, they have to access devices visit CEOP for informative pages as well as tips and guides on how to install restrictions on your children's devices, see link for more information:

<https://parentinfo.org/article/setting-safety-and-privacy-settings-for-social-media-apps>

If you have any concerns for online safety, see link [for agencies](#) that can support you as well as other sources you may wish to use to check content and safety