

E-Safety Newsletter No 8

During these unprecedented times children are being asked to spend more time on electronic devices to complete their learning and may well be using these devices to enable them to catch up with friends. There are many ways that you can keep them safe, healthy and happy.

Don't Feel Bad About It

Don't worry about screen time; aim for screen quality - Scrolling through social media is not the same as making a film or story. Use the Children's Commissioner's Digital Five a Day to plan or review each day together. It is a tool for parents, carers and others working with young people to use that aids the discussion about social media use and broader digital citizenship.

<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>



Check the safety settings are on - No matter what device you are using, there are lots of settings to make them safer. The key features are – can they chat to strangers, can they video chat or 'go-live'; are their posts public? Internet Matters has hundreds of guides to parental controls.

<https://www.internetmatters.org/>

internet
matters.org



Get your children to show you their apps and games - If your child shows you what they are doing and with whom, you'll be able to see if it's appropriate or not. For parent guides to apps, including recommendations for kid safe apps and video platforms search for Common Sense Media

<https://www.commonsensemedia.org/>

or NSPCC's Netware. <https://www.net-aware.org.uk/>



Don't try to hide the news about coronavirus - If you don't talk about it, children might read inappropriate pages or believe scare stories. Why not watch Newsround together and talk about how they feel

<https://www.bbc.co.uk/newsround> – there is guidance from Childline to help you. <https://www.childline.org.uk/>

Remind them of key online safety principles – remind your children to be a good friend and not to say anything that they would not like to hear themselves, and to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all If somebody tells them to not to tell or ask for help because it's too late or they will get in trouble. All they need to do is ask for help from a trusted adult.

