

Keeping younger children safe too...

Ofcom's latest research has shown that 86% of 3-4 year olds have access to a tablet at home and 21% have a device of their own.

Technology is appealing to children of all ages to play online games, talk to family and watch videos. Here are some top tips to put in place at home to keep even the youngest children safe online –

- enjoy being online together
- establish boundaries
- supervise online access
- consider the amount of time spent on a screen
- make use of parent tools to safeguard against inappropriate content
- start the conversation about online safety early!

Parental Controls -

[Parental controls](#) help you to filter and block inappropriate content within your home. You can install and apply parental controls on devices, consoles, and your home internet –

- [Mobiles, Tablets & Computers](#)
- [Your home internet](#)
- [Search engines](#)

If you have any concerns or would like any further support please speak to your class teacher.

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Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, we must all remain aware of the activities and content our children are accessing.

This newsletter outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

Keeping Children Safe Online

It is more important than ever to have regular conversations about staying safe online and to encourage and support children to speak to you if something worries them online.

These resources will aid conversations about online safety issues and help you set up age appropriate controls on the digital devices in your home -

<https://www.thinkuknow.co.uk/>

<https://www.childnet.com/parents-and-carers/have-a-conversation>

<https://parentinfo.org/>



Online Risks

Sexting -

'Sending and receiving sexual messages through technology such as phones, apps, emails or via webcams'

- message written with sexual language
- nude or semi-nude photos/videos
- photos/videos of sexual acts

A survey from Kids Help found that 28% of people who had sent sexual messages felt pressured into it – mostly from someone who wanted to sext them.

The BBC have a website and app called [Own It](#). The website has lots of content for children to help them conduct their online lives.

[SafeToNet](#) is an app for Parents to help them safeguard their children from online risks.

Cyberbullying -

'Bullying that takes place using technology such as social media sites, mobile phones or gaming apps'

The effects of cyberbullying can be devastating as it can feel like there is no escape. Parents and carers need to be aware that most children have been or will be involved in cyberbullying in some way, either as a victim, perpetrator, or bystander.

Being online can create a false sense of security for users, meaning children can find it easier to reveal things they would not say face to face. It is therefore important for young people to be aware that there are consequences to the choices they make while on the internet.

Key things to be aware of –

- Set boundaries of what your children can and cannot do online
- Be involved with what they are accessing and talk to them about age restrictions and why they are in place
- Look out for signs of cyberbullying such as children being secretive about their online activities, becoming isolated, not wanting to attend school or social situations

For further advice and information, visit;

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/444865/Advice_for_parents_on_cyberbullying.pdf

If you suspect your child is being bullied online, ask them to give you details. Take screen shots and print evidence. Talk to your child's teacher.

Online Resources for Parents

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.thinkuknow.co.uk/parents/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

<https://nationalonlinesafety.com/guides>



www.saferinternet.org.uk

