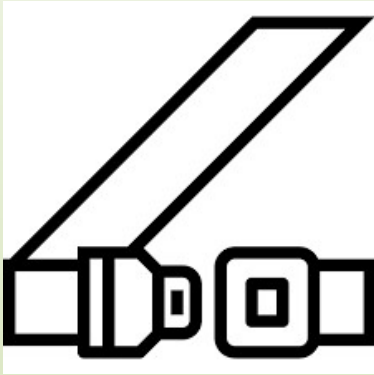


How do we keep our children safe?

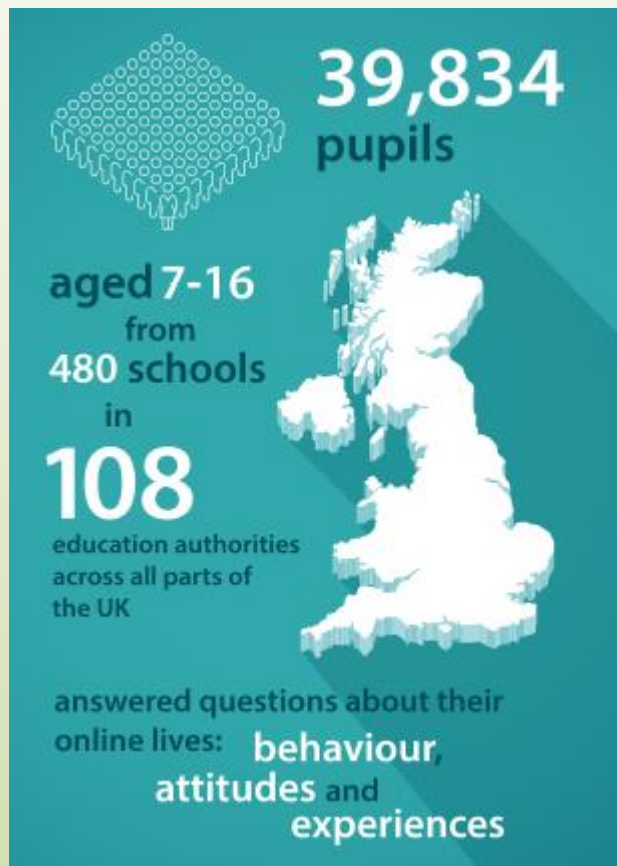


Online?

<https://www.youtube.com/watch?v=4MpenH51eks>

Keeping your kids safe online | Parenting Online | NSPCC | O2

Food for thought...



Nearly 1 in 3 pupils
say it's hard to
stop using apps,
sites & games to
have a break

Almost 1 in 5 of those
who met an online
friend face to face for
the first time didn't
tell or take anyone

Nearly 1 in 10 who
video chat with
people they haven't
met have been asked
to change or undress

73% of
pupils trust
parents on
online safety,
but only 56%
talk about it
more than
once a year

Almost 1 in 6
pupils have
seen
something
that
encourages
self-harm

2 in 5 pupils
have never
told anyone
about the
worst thing
that has
happened to
them online

1 in 4 pupils have
been bullied online,
and 1 in 13 admit
bullying others online

What we do at New Town

- Every term all classes start with an online safety topic.
- Online safety lessons will look at social media and other online behaviour, how to be a good friend online and how to report bullying, misuse, intimidation or abuse.
 - We recognise the national Safer Internet Day every year.
 - Term 2 in Life Skills focus on 'Keeping fit, safe and healthy' with a large focus on online safety.
 - There is no requirement to have any access online to complete homework
 - We will be running parent workshops about online safety
 - We will be starting a new parents safeguarding newsletter.

However, children often learn most from the models of behaviour they see and experience, which will often be from adults at home.

DfE non-statutory guidance to schools

- **How to evaluate what pupils see online**
- **How to recognise techniques used for persuasion**
- **What acceptable and unacceptable online behaviour looks like**
- **How to identify online risks**
- **How and when to seek support**

Online safety is the safe and responsible use of information and communication technologies. This includes **mobile phones, computers, tablets, games consoles and any other electronic device that connects to the Internet.**

It can be mind-boggling to try to understand every new technology that comes your way, especially if your child seems like an expert! **Technology is incredible.** It can open up new worlds and support your children's learning and development, as well as being a fun way to relax and keep in touch with friends and family.

However, technology can come with some risks too. It's important to learn as much as you can about how to keep yourself and your child safe online.

Who is looking after the children?

<https://www.youtube.com/watch?v=6UY2HOpuTlk>



It's best to supervise when possible, but also begin to allow your child some independence while they explore online. There are so many benefits to help them continue to learn and grow.

Early use of digital technology has been shown to improve language skills, promote social development and encourage creativity. However, there can be some risks too.

Research shows that the age at which children are accessing smart devices and the Internet is getting younger and younger. It's never too soon to start good online safety habits with your child.

What can you do?

Encouraging your child to discuss what they enjoy about going online can be a helpful bridge to talking about safety messages and more difficult issues in the future.

Talk

This is a really simple tip, but it's so important that you make sure you know what your child is doing online and that your child knows they can come to you for a chat. If you keep this dialogue open and non-judgmental, they're more likely to tell you if they encounter anything suspicious or strange.

Talk to your child about the sites they are accessing, the games they're playing and the people they're chatting to. Ask them to show you if they mention a new website or they get a new device. Encourage this by also chatting about your own technology and Internet use.

Also, talk regularly about the importance of online safety. Keeping those lines of communication open is a powerful way of letting your child know that you trust them but you expect them to be honest. A good starting point for discussion is this website www.thinkuknow.co.uk which is part of the government Child Exploitation and Online Protection Centre (CEOP). This site also offers support and advice should problems arise.

If your child has an older sibling, talk to them as well. Chat about what they're doing online and what they show to their younger sibling. Encourage them to be responsible and help keep their younger sibling safe.

Manage the Devices

Set up a user account for your child on your devices and set your homepage to a child-friendly one. Keep all devices your child will use in a high-traffic communal area in your home, such as the kitchen or living room. Be with your child when they are online and talk about what they are doing.

If you think your child isn't old enough to have a mobile phone or tablet, that's perfectly okay - it's your decision. Stay firm and explain your reasons. Keep the conversation about technology open and honest with your child.



Set Some Boundaries

Decide on some house rules for screen time and stick to them. You might decide that all devices will be put away at mealtimes and at bedtime. Put them in a central location (not in bedrooms) and make sure they're switched off. Set a good example in your own use of devices; if you follow these house rules, your child is likely to be more willing to comply.



Use Strong and Separate Passwords

Password-protect all accounts and chat to your child about the importance of security. Having secure passwords can help protect your personal information online. Pick something that is memorable and that contains a mixture of capital letters, numbers and special characters too. Some services recommend choosing three random words to create a password that is tricky for someone else to crack.



Chat about Strangers

Sometimes, we interact with people we don't know online; this is similar to writing a letter to a penpal across the world. Not all strangers are dangerous, but it's important that your child knows what to do and what not to do. Rather than saying, 'Don't talk to strangers!', it's more valuable to create a climate where they can talk to a trusted person (such as you or their teacher) if they feel scared or at risk. In addition, we don't want children to feel like they can't seek help from a police officer or a shop assistant, simply because they don't know that person.



As discussed, there are risks of sharing information online. This is a place where your child is very likely to encounter people that they do not know, especially through online gaming or the use of social media.

Children can be vulnerable to online grooming by adults pretending to be someone they are not.

Remind your child that, if they have not met a person, they have no idea if they are who they say they are. Your child can choose to block or ignore people they don't know or don't want to interact with. It's also possible to set strict privacy settings on many social networking platforms.

Age Restrictions for Social Media Platforms

13

is the minimum age for account holders on these social media sites and apps.



Twitter



Facebook



Instagram



Pinterest



Messenger



Tik Tok



Discord



Snapchat



Twitch



Yubo



Reddit



YouTube



BeReal



Age Restrictions for Social Media Platforms

16

is the minimum age for account holders on these social media sites and apps.



18

is the minimum age for account holders on these social media sites and apps.



Xbox Live Account



PSN Online Account

Helping you to help your child

- Internet Matters
- Think U Know
- UK Safer Internet Centre
- Net Aware
- National Online Safety
- YouTube Kids

Balancing screen time



*5 top tips to
support children
and young people*

internet
matters.org



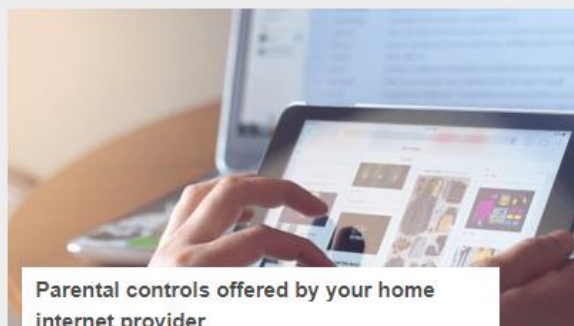
[Advice](#) ▢ [Concerned about your child?](#) [How to get help](#) ▢ [Who are we?](#) [Support tools](#) ▢

A photograph of two young children, a boy and a girl, sitting at a table and looking intently at a tablet computer. The boy is on the left, wearing a grey cardigan over a white t-shirt. The girl is on the right, wearing a grey cardigan over a black top. In the background, a person is sitting in a chair, and a wall with heart-shaped decorations is visible.

Using parental controls

Parental controls are a great tool to help protect your children online and there's plenty of advice available to help you use them. Find out how you can use them effectively.

UK Safer Internet Centre



Net Aware



<https://youtu.be/OS0e8aFPTQQ>

Instagram

<https://youtu.be/YcBbHKny0Jg>

Tik Tok



nationalonlinesafety.com



Gaming
Mental Health

From Online Gaming to Online Gambling: Recognising the Signs

Published 12th February 2020

The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.

Mental Health

Supporting Children's Mental Health: 10 Conversation Starters for Parents Online Safety Guide

Published 5th February 2020

An online safety guide to provide parents and carers with 10 conversation starters in supporting children's mental health.

Social Media

Facebook Online Safety Guide

Published 29th January 2020

An e-safety guide on Facebook, one of the world's most popular online social media platforms with over 2 billion users worldwide

National Online Safety @natonlinesafety · Feb 20

Yesterday, #TikTok launched their new 'Family Safety Mode' feature in the UK with plans to further roll it out worldwide.

Here's our updated guide on the video-sharing social media app >>
bit.ly/2T1kgmn

#OnlineSafety





 YouTube Kids

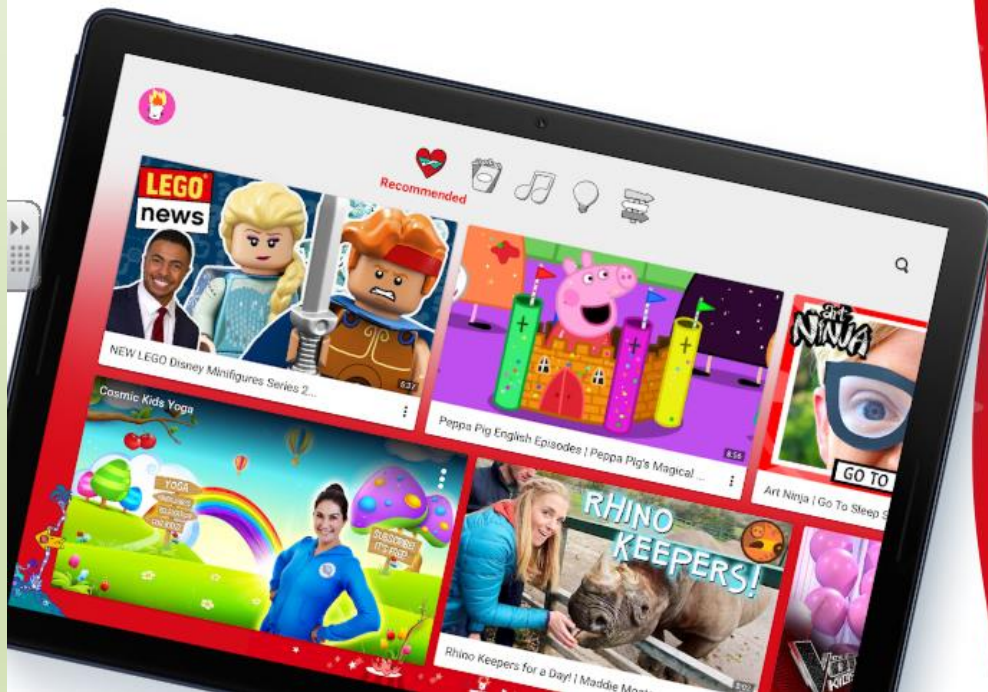
[Safer Experience](#)

[Parent Resources](#)

[Family-Friendly Videos](#)

[Fun on Every Screen](#)

[WATCH](#)



An app made just for children.

YouTube Kids was created to give children a more contained environment that makes it simpler and more fun for them to explore on their own, and easier for parents and caregivers to guide their journey as they discover new and exciting interests along the way.

What can you do?

- Forgive mistakes. Adults make bad decisions online too – and it is part of the learning process that all children have to go through.
- Make sure that your child knows what to do if they get themselves in trouble online.
 - If they say or share something they regret, delete it.
 - If someone attacks or harasses them on social media, block them and report it to the platform the message(s) were sent on.
 - If they are approached by an adult online, tell a trusted adult and report it to CEOP.
- Let them know that you are there for them and that they can tell you anything.

Above all, however shocked or upset you are by what they tell you, try not to show it.