



Parental Controls is a good way to limit what your child can do on their device. Parents have the ability to limit use, stop apps being downloaded and turn off features on the device.

Key Stage 1 Online Safety Parents Information

Today, your child has taken part in an online safety session. They listened to a story about 'Billy' who experiences some challenges when using technology and the internet. Your child should have learnt a song about being safe online, with the important message about telling a trusted adult if they feel worried about something that they have seen online.

The song words are:

*" The internet is great.
The internet is fun,
But if you feel worried,
You've got to tell someone"*



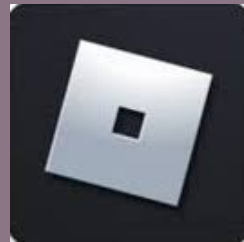
Screen Time

Try and limit your child's screen time by doing the following:

- Have screen free days .
- Limit your child to between 1-2 hours per day.
- Don't allow tech at mealtimes.
- Be a good role model and limit your use in front of your child
- Don't let them use screens at bedtime.

Other Tips For Parents

1. If you use streaming services such as Netflix or Disney Plus, create a child friendly account so your child can only watch 'U' or 'PG' content.
2. There is a child friendly version of 'You Tube' called 'You Tube Kids' which you can download to a device. This is a safer version of the video sharing platform.
3. Remember that there are PEGI ratings for video games. These are to help parents understand the content of the game and whether it is suitable for their child. The ratings are: 3, 7, 12, 16, 18.
4. Look at setting up filtering on your home broadband.



Roblox is a very popular game with children but remember that it does have age restrictions and some children have discussed some safety concerns playing the game. Please read:
<https://corporate.roblox.com/parents/>

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Further Information

There are many different websites available about online safety, however this site is the most useful as it shows you how to enable parental controls and informs you of different online safety issues.



Use your smartphone or tablet camera to access the site or go to;

[https://
www.internetmatters.org/](https://www.internetmatters.org/)