



**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.

## Year 3/4 Online Safety Parents Information

Today, your child has taken part in an online safety session. Pupils in Year 3 have done a session called 'Risk and Danger' which tries to help them understand that if they take risks online, they could put themselves in danger. Year 4 have done an exercise about sharing too much information online and the implications of this. All pupils learnt about the age restrictions of Apps and that all social media platforms have a minimum age of 13. In addition, all children learnt about how individuals online can hide their identity and set up fake profiles pretending to be children who are a similar age to them.



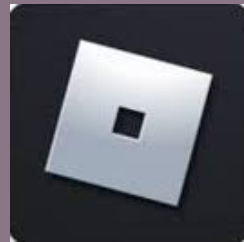
## Screen Time

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. Makes sure that you monitor what your child is doing online, if they have a device. Before they download an app, look at the age restriction and search online for potential risks.
2. Video games are very popular with Year 3 and 4. Remember they have age ratings (3,7,12,16,18) and you may want to use <https://pegi.info/> to look at whether the game is suitable for your child.
3. You Tube is popular and ensure that they only use trusted channels.
4. Unfortunately, online grooming is increasing for this age group. Make sure you limit who they can connect with on the internet.



**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/>