East Dene Primary School

STAY SAFE ONLINE

Each year, children are spending more time on devices and so here is some information for keeping safe online that we would encourage you to discuss with your child.

Set Boundaries

Speak to your child and agree some basic boundaries, such as screen-free times of the day (e.g. during mealtimes, during lessons at school etc.) or locations (e.g. in bedrooms), when devices should be switched off for the day (e.g. what time in the evening?) and where devices should be kept at nighttime to avoid their addictive pull. You could use the digital family agreement at parentsafe.lgfl.net to help you with this.

Age resistrictions are there to keep your child safe

We know how important it is to many children that they use technology (apps and games) to stay in touch with their friends. Although please note that their are age restriction for all popular social media apps which is above Primary School Age. (including WhatsApp, Tiktok, Snapchat etc).

What could happen to my child online...

Sadly, sometimes the online contact that children have with each other on games and apps, can become unkind and harmful (e.g. bullying, inappropriate language/images being shared, children being excluded etc.). Using devices to communicate can make people feel invincible and forget the real-world impact.

Remind your child that...

·Social media apps are for children older than them so they shouldn't be used .

·Messages/images can be seen and copied. Don't say anything to others or use language that they wouldn't like to hear themselves, or that wouldn't be said face-to-face in school.

·Look out for their friends and stand up for them if others are unkind.

·Report to a trusted adult if something happens in a chat that is upsetting or worrying.

·Never get undressed online (why not watch the video at undressed.lgfl.net with them).

·Don't take or share photos or videos of people without their permission.

·Not to accept friend requests or talk to people they do not know offline.

·Look at and set up the parental controls on all apps (as well as the device itself) with your child.

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SIX TOP TIPS For Parents To Keep Your Children Safe Online

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling a relative. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.

Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers? Can they video chat or 'go live',? Are their posts public? What about safe search and Youtube? See parentsafe.lgrl .net for more.

Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for Common Sense Media reviews.

Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel – there is guidance from Childline to help you.

Remind them of key online safety principles

Remind your children to be a good friend, 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 not to tell or ask for help because it's too late or they will get in trouble, THAT'S A LIE!

If you aren't sure, ASK!

The staff at East Dene Primary School can give you advice, but there are plenty of other places to ask for help, guidance and support online.