SAVE the DATE
Safer Internet Day
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Safer Internet Day

Keeping children safe online.

- We all have a part to play in keeping children safe online.

- Understanding online safety is tricky for all ages.

- There are a number of websites that you can access that will be able to offer advice to help you as a family stay safe online.

Talking to your child about online safety.

- Children growing up with technology, the internet and the ever growing social media apps and gaming apps there online lives and offline lives is just life.

- We all know that technology is fast moving and it can be hard to keep up with these changes.

- Talking on a regular basis with your child will help them in keeping safe online.

- It can be a daunting thought with all the different technology and different language that children use.

- The NSPCC have a core 10 year strategy to ensure that children are safe online. They've teamed up with the Lego group and have 6 adventures that will help parents talk with their children.

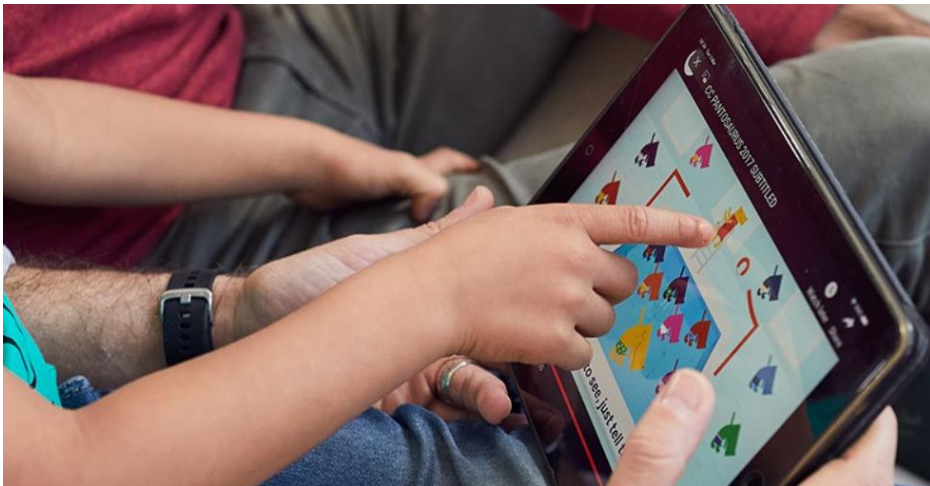- https://www.lego.com/en-gb/sustainability/children/buildandtalk

Online Wellbeing

- The internet has many positives for both adults and children.

- This can include keeping in touch with friends and family that do not live close.

- Using the internet to learn about the world we live in.

- There will be challenges along the way as well. The online world can be tricky to navigate.

- Some children may find it overwhelming keeping up with their friends and feel pressurised too.

- As a parent noticing how your child if affected by being online is the first step in helping them manage their wellbeing.

- There are a few things that you can do:

- Manage the content that your children see

- Ensure the suitability of interactions your children have.

- Manage how long they have screen time for in balance with other activities.

The NSPCC has more information on their website - https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/

Parental Controls

- The internet is a marvellous source of information and services. However, there at times the content may be inappropriate for children.

- As a parent you are able to you decide what is appropriate for your child.

- Parental controls give you the ability to block and filter inappropriate or upsetting content.

- These controls can work across you Wifi, phone network, individual apps and devices.

- The NSPCC has more advice on their website on how to set up parental controls.

- https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/

Social Media Quiz
How old do children have to be to access the following?

Children need to be 13+ to use and access these apps.

Risks of Social Media

- Children may feel the pressure to share a lot of personal information online.

- Many apps and games gives users the option to share their location.

- Some social networks promotes connecting users to talk to people they don't know.

- Young people may feel the pressure into sharing content that could be harmful to them or others.

- With the new wave of influencers children may feel the pressure to conform to an ideal body or lifestyle.

- Children could become obsessed with how many likes they have received on a post or comments.

- Again the NSPCC have further information on their website.

- https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/

Online Games and Apps.

- There are online games for children to play that played sensibly are great for children.

- Roblox is one example and is the ultimate virtual universe that lets children create, share experiences with friends and be anything you can imagine.

- Another popular game is Minecraft. It is a game made up of blocks, creatures and community.

- If users are playing a multiplayer game the invite their friends to join by messaging a code.

Remember that we all have a duty of care to ensure our children are safe on the internet. Remember to talk with the your child/children on a regular basis about the internet.

There are many resources that you can access online to help you understand how to be safe on the internet and keeping your children safe too.

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

UK Safer Internet Centre - https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024

Internet Matters - https://www.internetmatters.org/