Online Safety Newsletter

Talking to your child about online safety

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you. But it can also be easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks.

Read more : NSPCC—Talking to you child about online safety

ROBLOX

Roblox has been a major hit with children worldwide, even though it is an odd-looking and often confusing game. For parents at least.

There are many Roblox rumours, fake scare stories, and incorrect advice rife on social media and even in newspapers that demonise the game. However, children can play it safely and enjoyably with little supervision and understanding. That's why Internet Matters put together a quick guide to help you understand what makes Roblox so popular and how to ensure your kids don't get any nasty surprises.

Roblox Parent Article ‖ Roblox Parent Video

Recommended Website

Swiggle — CHILD FRIENDLY SEARCH

Swiggle is a search engine designed to provide a safer environment for kids taking their first steps on the road to safe online searching. It is completely free to use, and is completely ad-free.

Swiggle has been designed as an environment that enables young people to explore the Web in the safest way possible, whilst providing them with guidance to keep them safe whilst they discover the Web, and tools to keep you informed if they stumble upon something inappropriate.

Search safely at https://swiggle.org.uk/

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Balancing Screen Time—More Top Tips!

1

Stay engaged in their screen use

Get engaged and stay engaged in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world. Ensure they have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime.

2

Discuss online risks and strategies to tackle them

Take time to help them understand the risks and benefits of using the internet, whether it be discussing what steps to take if they see something that upsets them or guiding them towards apps and platforms that will help them explore their passions and enhance their skills.

3

Set a good example with your own screen use

Children will tend to model their behaviour on you, so if you encourage them to take breaks when on screens or leave phones out of the bedroom at night, they will follow your lead.

4

Use tech tools to manage their time & access to media

Whatever device your child uses, be sure to make use of free and premium tools available to manage their access to age-appropriate content and review the time they spend on specific online activities.