



Online Safety Newsletter

October 2022

Setting up parental controls

The online world gives everyone access to a huge amount of information, images and services, and this inevitably includes content that is inappropriate for children. Parental controls allow you to block and filter upsetting or inappropriate content.

Setting up parental controls and individual safety settings on your child's favourite app or game, can help stop unwanted contact from people they don't know.

NSPCC has produced a guide to the different ways that you can set up parental controls to help keep your child safe online.

Read more : [NSPCC—Parental Controls](#)



Recommended Website

 **parentzone**

It's not easy being a parent in the digital age.

It can be daunting to feel you have no life experience to fall back on, because your child explores online spaces you could have never imagined at their age.

Parent Zone has resources that can help. It is dedicated to helping parents support their children to be confident and capable online to make the most of what technology has to offer—while being aware and harms they will also find online.

Parent Zone provide a library of digital guides, and a parents area with a blog, advice and events to help navigate the digital world.

Register at <https://parentzone.org.uk/>

 **YouTube**



It's difficult to imagine the internet without YouTube. It's the world's most popular video-sharing platform – and its second-most popular website – with around two billion monthly users. Users can search for, watch and comment on videos on any topic imaginable as well as create an account and upload their own videos. Read more about what you need to know about YouTube and Youtube Kids guides created by National Online Safety.

[YouTube Parent Guide](#) || [YouTube Kid Parent Guide](#)



Online Safety Newsletter

October 2022

Balancing Screen Time

Screen time benefits

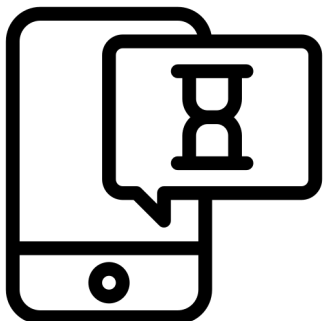
- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential for their child's development** *Source: Internet Matters Look both ways report.*
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can help ease the financial burden** when looking to entertain children.

Screen time challenges

- Young children might stumble **across inappropriate content** that may have a negative impact on their digital wellbeing.
- Passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet is** and how it works so could find it hard to differentiate between what is real and what is fake.



Top Tip!



Set digital rules together

Agree digital boundaries together with your child to get them involved in the process and build up their understanding of why it's beneficial for them to stick to them. Choosing device free zones in the home, keeping phones out of the bedroom at night and using free tools to turn devices on and off at different times of the day are just some ways to help children strike a healthy balance between activities on and offline.

Also, it's a good idea to encourage them to take a break every 30 minutes and turn screens off an hour before bedtime to give children time to wind down.