Safeguarding Update Issue 1

The Hollybrook School's Safeguarding Team


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Top Tips for Online Safety

www.childline.org.uk

If you have concerns about a child or wish to receive some form of support, please come and talk to a member of the safeguarding team.

At the Hollybrook Schools, the safety of our children both inside and outside of school is our key priority. As a result of this, we have teamed up with Knowsley City Learning Centres (Knowsley CLC) to bring you the most up to date online safety news and parental controls. These can be found in our safeguarding pages on the school website. There are even videos showing you how to put parental controls on a variety of devices.

Top Tips for Ensuring Children are Safe online

- Talk to your child about how to stay safe online
- Tell them never to share personal information, including pictures, passwords and their location on social media
- Tell them never to talk to someone online who they don't know
- Tell them to report anything that worries or concerns them
- Tell them not to open messages from people they don't know
- Ensure parental controls are set to block upsetting or harmful content
- Talk to your children about the websites they visit and talk about what is appropriate
- Explore websites and apps together

- Encourage your child to access high quality online content which may benefit their learning
- Ensure your children don't access services and content which are not age appropriate
- Act as a role model and they will follow your behaviour. Don't sped too much time online yourself!

Look out for the following signs which may cause concern:

- Using technology too much
- Staying online through the night
- Being secretive about what they are doing
- Behaving differently in what they wear, attitudes or friends
- Receiving gifts or money from unknown sources

If concerned, report to a member of the school's Safeguarding team for advice and closely monitor and restrict technology use

Screen Time – Advice for Parents

According to a range of studies, too much screen time can have seriously damaging effects on a child's health. It prevents children from being physically active and can impact on their sleep and ability to maintain concentration. Therefore, children shouldn't be spending too much time watching television or playing on tablets or phones. It is recommended that children between the ages of 2 and 5 should be limited to one hour of screen time per day. Older children should spend no more than 3 hours per day looking at a screen.

Further Help and Useful Websites:

Homepage - UK Safer Internet Centre

Webwise - Internet Safety

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

https://www.internetmatters.org/

Parents and carers | CEOP Education

Childnet — Online safety for young people



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