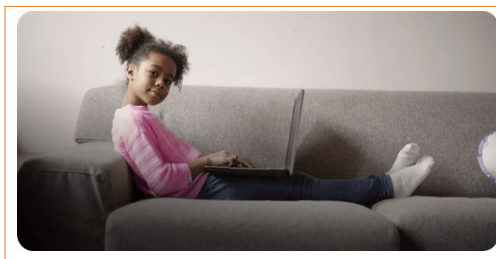




Spa Camberwell Safer Internet Day 8th February 2022



Safer Internet Day 2022 Resources

Today is Safer Internet Day, it will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'. Further information and free educational resources are available <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022> from the UK Safer Internet Centre that coordinates the Safer Internet Day in the UK. Free resources for educators are also available [Safer Internet Day 2022: free resources for educators | Parent Zone](#) from Parent Zone.



UK Safer Internet have educational resources for 3-18 year olds including games and activities to do over the holidays. Click below to find out more

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/educational-resources>

What should kids know about internet safety?

Parent Zone have put together a useful article about what kids should know about internet safety

Click on the link to view it:

<https://www.parents.parentzone.org.uk/morearticles/what-would-schools-normally-be-telling-children-about-internet-safety>



Tips, advice, guides and resources to help keep your child safe online

As a parent or carer you play a key role in helping your child to stay safe online.

UK Safer Internet advice and resources are here to support you as you support your child to use the internet **safely, responsibly and positively**.

Click on the link for more information;
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



You can find lots of helpful advice on <https://www.internetmatters.org/>

You can get detailed information on

- Parental controls
- Cyberbullying
- Fake news and misinformation
- Inappropriate content
- Screen time

All fun and games?

Your guide to gaming

Tuesday 8 February 2022

Live: 4.30pm-5pm

CLICK HERE TO JOIN

Or paste this link into your browser:

<https://youtu.be/s6dz2GoR6uM>

How much is too much gaming? How can I tell if a game is suitable for my child? Are there any benefits to online gaming?

Join our live event for parents for the answer to these questions and much more.

Stream it on YouTube and join the chat to get involved. Want a question answered? Email [**members@parentzone.org.uk**](mailto:members@parentzone.org.uk)

Safer Internet
Day Special Event



**Member
Resource**

 **parentzone**

STAY SAFE ONLINE



Resources for children and young people

As half term approaches, children will spend more time online and many will play games for entertainment over the break.

Try out this Band Runner game with the children. It's a fun way for **8-10s** to learn about safer use of technology.

They will learn the following;

- Distinguish between safe and unsafe behaviours online
- Feel more confident to seek help from a trusted adult when they need it
- Understand how they can use our 8-10s website to seek advice and support

The game can be accessed via their 8-10s website: www.thinkuknow.co.uk/8_10

Useful Tips and Information



Spa School Training Sessions

22/02/22— KS3 Online Safety with Rian @ 2pm / KS2—Tennille @ 9.45am

15/03/22— KS1 Online Safety – Tennille @ 9.45am



Top 10 Tips

1. **Learn your way around**—most devices have controls to ensure kids can't access content. Make sure your 'in-app' purchases are disabled. Check out the [Parent's Technology Guide at the UK Safer Internet Centre](#) for more help.
2. **E-Safety on Tablets**—tablets are really popular with kids nowadays, only download games and apps you trust and have checked, steer them towards age targeted content such as BBC iPlayer Kids or YouTube Kids. www.net-aware.org.uk and or www.common sense media.org also provide useful advice.
3. **E-Safety on Mobile Phones/Smartphones**—set up screen time on Android and Apple iOS and other devices to set up controls around usage—also talk to kids about what they should and shouldn't be doing.
4. **Social media platforms** - This checklist will help parents understand more about the different social media apps including Facebook, Twitter, Instagram, Snapchat, Roblox and TikTok. <https://swgfl.org.uk/resources/checklists/>.
5. **Screen time**—Agree a time limit or number of games to avoid disagreements about how long can be spent online. <https://swgfl.org.uk/resources/young-people-and-screentime-a-good-start/> - more info about screen time on this link.
6. **Sleep comes first**—It's advisable the phone stays out of the room to avoid night time interruptions. A period before bed without a phone is also beneficial.
7. **Request access**—guide your children in the virtual world as well as the real world, if you are genuinely concerned about them, ask them to allow you access to the phone.
8. **Having a conversation**— Best advice given is talk to your child regularly and openly about behaviour and risk, so they can come to you if something goes wrong.
9. **Whole home approach**—consider setting parental controls on your WiFi, you can block access to inappropriate or adult content. More info found here <https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>
10. **Gaming**— consider whether your child is mature enough to join an online community and whether the games they are playing is appropriate. Here is some safety tips for **Xbox users** <https://swgfl.org.uk/magazine/staying-safe-on-xbox-5-in-5/> **PlayStation users** <https://swgfl.org.uk/magazine/staying-safe-on-playstation-5-in-5/>

We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.



Get started



Set parental controls on your broadband to prevent your children seeing things they shouldn't



For smart phones check parental controls are also set up on the mobile network

Set up the device safely



Use the device setting so you can only download age appropriate apps and games



Disable location services so your child doesn't unintentionally share their location with others



Set up password control or disable in-app purchasing so big bills are not run up accidentally



Download age appropriate apps you're happy for your child to use

Talk about staying safe



If your children are 8-10 years old, download our parent / child Internet Matters app to help you talk about e-safety issues in an interactive way.



Be aware of key issues and how to discuss them with your children so they know how to stay safe online



If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know