# How can I help keep my child happy and safe with technology?

Children are often really good at using new technology, but sometimes because of their age they can be tricked, bullied or frightened. Please support your child by finding out what they are using and helping them!

## Would this app channel or game be OK for my child?

### Listen

Regularly talk to your child. Find out
- What games they play
- Who they talk to
- What Youtube they view

**Make sure they know how to get help!**

### Functionality

Find out about the games and apps they use. Who are they talking to and who is talking to them? Does it allow anyone to contact the child or is it restricted to friends?

### Reviews

The NSPCC have a great site for parents :-
**www.net-aware.org.uk**

This US site is also good
**www.commonsensemedia.org/reviews**

### Age

It is a good idea to look at **Common sense media** or **Netaware** for advice. Some apps have a minimum age of 13 due to American regulations which are not always linked to safety.

### Safety

Make sure your child's **privacy settings** are carefully set on apps. Remind them to have a **username & profile picture** that does not give away too much data.

## Too much of a good thing?

Current research shows that screen time itself is not harmful, but if it is affecting sleeping, eating or other activities it can cause problems. **Have clear bedtime rules for devices!**

## Mean Words?

Being bullied online can affect lots of children. If your child receives unpleasant messages make sure they know how to screen-shot them so you can help. Apps and games allow you to report issues and many schools will try to help.

## Boundaries...

Decide on your own family boundaries…. and make sure adults set a good example
Think about:- devices at mealtimes, bedtime rules (phones down-stairs at night?), sharing photos, checking devices etc…

## Getting Help

**Internetmatters.org** is a great website for advice and details on parental controls

Call the Police if your child is at risk or report it to **ceop report**

You can contact the school for more advice.