



## Useful websites

[www.saferinternet.org.uk/advice-centre/parents-and-carers](http://www.saferinternet.org.uk/advice-centre/parents-and-carers)

[www.internetmatters.org/](http://www.internetmatters.org/)

<https://savvycyberkids.org/>

<https://nationalonlinesafety.com/guides>

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

<https://www.thinkuknow.co.uk/parents/>

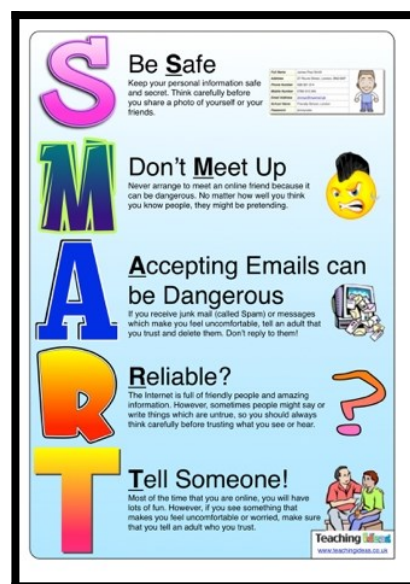
<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

[https://www.thegrid.org.uk/eservices/safety/weblinks\\_parents.shtml](https://www.thegrid.org.uk/eservices/safety/weblinks_parents.shtml)

## Discuss Cyber-bullying with your child:

Some questions which you could ask your child are:

- How can you be kind online?
- What would you do if someone was being unkind online?
- What do you think cyberbullying is?



The Meadows  
Primary Academy



The Meadows  
Primary Academy

# Help your child to stay safe online.

## E-Safety



Updated April 2020

# Helping your child at home:

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

You don't need to be an expert on the internet to help keep your child stay safe online. Use this leaflet to help you understand how to help keep your child safe.

## Screen time:

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything, too much of it can have a negative effect on their wellbeing.

Age 2-5—1 hour of screen time per day

Age 5+ - 2 hours of screen time per day

## Smartphones:

- Understand the capabilities of smartphones and how you as a parent can support your child to be smart and safe in their smartphone use.
- Talk with your child about safe and responsible smartphone use and agree a set of family rules. Perhaps you could agree rules with your child about not meeting up with people they have only met online, how much they are allowed to spend on apps, what websites it's okay and not okay to visit, and whether their phone should be switched off at night



## Online Gaming:

Find out about the parental controls available - it helps if you are the one to set up the gaming device so you are in control of these. Gaming devices have parental controls to help parents manage their children's gaming, for example, you can prevent internet browsing or restrict access to age-restricted games



## Social Media:

Social media sites are a huge favourite with children, allowing them to stay in touch with friends over chat, meet new people with similar interests, and share photos and videos.



- Become familiar with the social networking site your child is using, including how the privacy settings work, and set them up together.
- Help your child understand why it is important to keep personal information private and restricted to people they know and trust. Be aware that privacy settings can change so you should check them regularly.

## Golden Rules

- ✓ **Do** check all privacy settings on all devices
- ✓ **Do** speak to your child about the dangers online
- ✓ **Do** explain to your child what should and shouldn't be shared online.

## Online Grooming:

As children continue to find new ways to connect with each other on a range of devices and platforms it is increasingly important to help them make smarter and safer choices about who they talk to and what they share online, especially with an increase of groomers online.

Help reduce the risk by:

- Checking privacy settings
- Reviewing apps, sites, and games they use
- Know who their friends are
- Encourage children to talk to someone.

## Sexting:

Sexting is sending and receiving sexual messages through technology such as a phone, app, email or webcam

The time to talk about sexting with your child is as soon as they start using the internet or get a mobile phone.

## Explain what can happen to an image

Remind your child that once an image has been sent, there's no way of getting it back or knowing where it will end up.

## Tackle peer pressure

Show you understand how they may feel pushed into sending something even though they know it isn't the right thing to do. Help them to understand that the results of giving in to pressure could be much worse than standing up to it.

Find more information: <https://www.internetmatters.org/issues/sexting/protect-children-from-sexting/>