Little Stoke Primary School

21st April 2020

Online Safety Update – Keeping your children safe online

I hope you are all managing to keep safe and well during these challenging times. With children being at home more, there is a chance they will be spending more time online. The online world can be hugely beneficial but it is important to strike a balance between time spent using devices and making sure children have conversations and get enough exercise.

Hopefully this short newsletter will signpost you to various articles and bits of advice for supporting your children when online and give you a place to seek advice for any worries that may arise.

Screen Time

It is important to help your child balance their screen time and have a healthy digital diet. It can provide fascinating learning opportunities but if used too much it can also negatively affect your child and their wellbeing. This website has many hints and tips to help secure a good balance. https://www.internetmatters.org/issues/screen-time/

NSPCC and O2

The NSPCC and O2 have teamed up to help parents protect their children online using the using the expertise of both the NSPCC and O2 to do this. The website has a fantastic range of information and guidance about keeping your children safe online and setting up parental controls. There is also an email address to contact to attend online workshops or seminars relating to online safety. The link is below.

https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/

Apps and Games

Net aware is a website that helps provides advice for parents about a whole range of social networking sites, apps and games. It is kept up-to-date and provides lots of detailed advice. This is a great website to keep on top of what apps and games your children are playing.
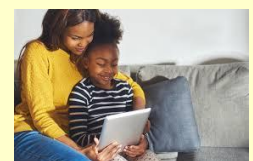
https://www.net-aware.org.uk/

Staying up to date with the latest apps and games

Think U Know Activities

This website has a lot of activities and videos to provide advice on keeping safe online. It is aimed at different age groups and there is also a parent section. There is also a link to #OnlineSafetyAtHome activity packs that can be used too.

https://www.thinkuknow.co.uk/

Sharing the experience

One of the best ways to make sure your child is safe online is to share the online experience with them. Use the apps/games together, discuss different settings and talk to them about how they use the app and play the game and why they like it. It is also important to remind them that you are there for them to speak to if there is anything they are worried about.