# Keeping children safe online

Using digital devices, technology and the internet has become an integral part of so many of our lives, including our children's. The internet can be so useful, however not everything that children might see on the internet is real, kind or appropriate. Keeping our children safe when using the internet is so important, therefore this is a good time to remind ourselves of a few key points to keep safe online!



## Tips for keeping children safe online

- Have a conversation with your child- remind them that not everything on the internet is kind or real. Tell your child that if they see something that worries them they or they don't like then they must tell a grown up straight away.
- Make sure that you have eyes on their screen at all times. Young children should not be watching things such as YouTube in their bedrooms or places where an adult is not there to monitor what they are looking at. Even with parental controls set up, inappropriate content can sometimes appear.
- Age restrictions- most online content/ video games have age restrictions. These restrictions are there for a reason and should be adhered to. Please check these before downloading apps or purchasing games for your children. Young children should not be exposed to content that is not age appropriate.

## Parental Controls

Give your child a safe space to explore their curiosity online.

Internetmatters.org provides step by step guides that will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites that your child uses to give them a safer online experience.

## NSPCC Online safety

NSPCC is a leading children's charity. They have a broad range of online safety advice on their website. Including the risks of online gaming, livestreaming and online video apps.

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

## Screen time

- Limit your child's screen time to what **you** think is acceptable. Screens should not get in the way of face to face interactions. Remember for younger children, face-to-face social interaction is vital to the development of language and other skills, and screen-based interaction is not an effective substitute for this.
- Even though we are not in school, stick to a bed time routine- children should not be looking at screens right before bed time, as it disturbs their sleep and can stop them from having a good night's rest. Enjoy a lovely bed time story instead!
- Think of other ways to spend your time other than using devices- crafts, baking and playing games.

## Other useful Websites

https://www.thinkuknow.co.uk/4_7/
https://www.childnet.com/
https://parentinfo.org/
https://www.saferinternet.org.uk/advice-centre/parents-and-carers