Parenting in a digital world – References for parents.

Mindfulness:

Things to consider:

- Family agreement template for agreed family rules on use of time online.
- Parental controls to control what your children are accessing.
- Storage of devices (in family area and not in bedrooms).

Gaming.

Things to consider:

- Suitability of games. Use following sites which offer parents advice on a wide range of games.
- Parental controls regarding usage but also privacy and playing with other games, in app purchases.
- Watching out for signs of: aggression or anxiety.
- Talking to children about risks of gambling and online advertising.

Social Media

Things to consider:

- You tube: restricted playlists and turning off auto-play features.
- Legal restrictions on ages for social media apps.
- Do your children have the skills to protect themselves? (e.g keeping accounts private, turning off location settings)?
- Are they resilient enough to deal with issues around likes on Instagram or streaks on Snapchat?

Excellent Guides:

- Suitability of games and apps including social media: National Online safety, NSPCC, Common Sense Media, Pegi.
- Parental Controls: Childnet Internatrional/NSPCC/Internet Matters.
- Family agreement Template: NSPCC.
- CEOP : The Child Exploitation and Online Protection Command, or CEOP Command, is a command of the UK's National Crime Agency. Contains useful general advice through 'Think You Know' resources and option to report online concerns.
- **If you have concerns about your child's safety or well being, please get in touch with Mrs R Colbourn/Mrs J Cotton, Safe-guarding leads in school.**