



## **Parenting in a digital world – References for parents.- Covid Update 2020**

Managing time online is particularly difficult during these times. As a school, we understand the great value that technology can bring to a child's education and how it can enable them to keep in touch socially. Invariably, children are spending more time online than before and therefore we thought it may be helpful to resend some key tips from the parents meeting we held earlier this year. It contains references to many excellent websites and tools you may wish to consider to help you make the right decisions for your family and put the right safe guards in place at home.

**As always, 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.**

### **Excellent Sources of Information:**

- **Excellent advice on suitability of games and apps including social media offered by all of the following sites: National Online safety (you are now required to join this site but it contains a wealth of information), NSPCC, Common Sense Media, Pegi.**
- **Parental Controls: Childnet International/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.**

### **General Principles:**

#### **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. National Online safety, NSPCC, Common Sense Media, Pegi.

- 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?