



Coffee morning 12.1.26

Online Safety



How can you support your child to stay safe online?

What do we do in school?

- Teach online safety lessons and make children aware of the positives and the risks.
- Tell them how to report if someone has been unkind.
- Remind children about age restrictions.
- Encourage children to speak to an adult if in doubt.

How children are using the internet

Average child spends 4 hours a day on a screen.
What are they doing?



Social Networks



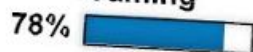
Homework



Email



Gaming



YouTube



Streaming

Google

Browsing



Instant Messaging



Downloading Apps



Internet use by young children is increasing

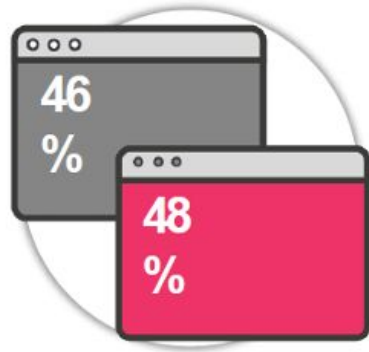
6 is the new 10



Age 10
in 2013



Age 6
today



General
browsing



Instant
Message



Social
media

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

**internet
matters.org**

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



What are the risks?

- Cyber bullying
- Grooming
- Inappropriate websites
- Losing control over pictures and video / Giving out too much information online
- Viruses, hacking and security

When is the last time you checked your settings or child's settings?

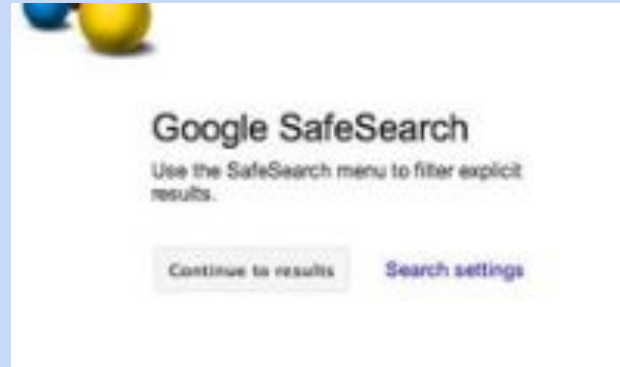


Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!

Being in control



Tips and Advice

- Be engaged! – e.g. discuss their favourite emojis or YouTuber
- Be aware! – play their favourite games, visit their favourite websites and explore the online features of their devices
- Be there! – if something goes wrong
- Be thoughtful! – help them to understand the difference between fact and fiction online

Useful website

<https://parentsafe.lgfl.net/>