



Safer Internet Day



Tuesday 8th February 2022

'All fun and games? Exploring respect and relationships online'

Navigating through the internet and social media platforms can be challenging. Here are a few resources which might help:

Children's
COMMISSIONER



Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

Digital 5 a day

<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>

Safer Internet guides

Guides on a range of devices including, phones, Smart TVs, tablets, games consoles, social media guides. These details safety features and general usage of the devices or apps.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Parent Safe—Provide a range of different tips and resources for online safety

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

NSPCC—Keeping children safe online <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Common Sense Media

A website that rates movies, games, books and more to provide you with accurate information for you to judge if it is appropriate for your child

<https://www.commonsensemedia.org>

Online Wellbeing tips

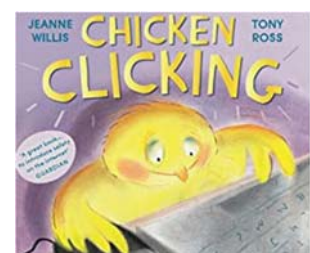
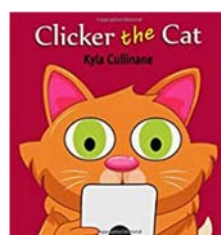
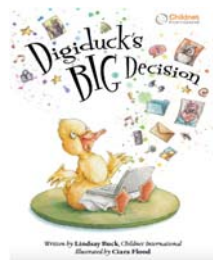
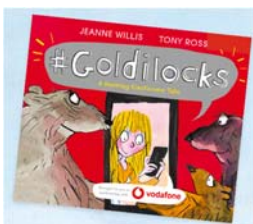
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/supporting-online-wellbeing-for-children-with-send/>

Wellbeing apps

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>



Books:



Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.

Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

Don't try to hide news about scary things in the news



If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

Remind them of key online safety principles



There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your kids about (they might not want to talk to you in the first instance).

