



Online Safety

With families currently spending more time online, we would like to take this opportunity to remind you of some of ways you can keep your child safe online.

In school we teach the children the following rules to stay safe online:

- I always ask permission before using a tablet or other device.
- I only use the internet when an adult is with me.
- I know that some people online are strangers and I do not tell anyone my personal information.
- I tell an adult if something upsets me.
- I am always kind to others online and ask permission before sharing photos.

It is important to revisit these rules regularly with your children and agree clear boundaries for using tablets or other devices.

Useful tips for parents:

- Ensure that your child always asks permission before using a tablet or other device.
- Set a password so they cannot go online without asking you first.
- Ensure your child is supervised at all times when using the internet and you know what sites they are visiting.
- Limit screen time – agree and be clear on how much time they can spend online or playing games on devices. Many devices now come with parental controls, so they switch off when the screen time limit has been reached.
- Be clear on what your child can and cannot do online (the sites they can visit and the type of information they can share).
- Ensure your child understands that if they see something on the internet that upsets them, they must tell you.

Useful sites for further information

Some resources which you may find helpful in supporting your child online are:

- [ThinkUKnow](#)
This has some useful online safety information for children and parents, including videos that the children can watch.
 - Information for children and parents: https://www.thinkuknow.co.uk/4_7/
 - Videos for the children to watch: <https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>
- [Childnet](#)
This contains useful advice on online safety for parents and carers.
- [UK Safer Internet Centre](#)
This includes tips, advice and guides for parents and carers.
- [NetAware](#) (NSPCC)
This website provides guides and advice on social networks, apps and games.
- [Common Sense Media](#)
This provides recommended ages, reviews and information on games, apps and films. This can be very useful when your child asks to play a new game or watch something that you haven't heard of.
- [Internet Matters](#)
This website provides step by step guides on setting up the right controls and privacy settings on networks, gadgets, apps and sites for a safer online experience.