For Parents

Welcome to the Parents and Carers section of the Scomis Essentials Online Safety Service Newsletter. The final edition for this academic year (2017/18), providing reminders, hints and tips for parents and carers to consider to keep children safe online.

Visit Internet Matters website to learn about what children might be doing online.
Whatever their age, Internet Matters:

- can help you to find out more about what your children might be doing online
- provide simple, practical and easy advice on steps to take to keep your child/children as safe as possible

Internet Safety check-list for pre-school (0-5) includes recommendations to:

- Explore together
- Search safely

Review video: https://www.internetmatters.org/advice/0-5/

Internet Safety check-list for young children (6-10) includes recommendations to:

- Put yourself in control
- Use 'airplane mode' to prevent in-app purchases

Review video: https://www.internetmatters.org/advice/6-10/

Internet Safety check-list for pre-teens (11-13) includes recommendations to:

- Check age-ratings
- Start discussions about social networking
- Keep their private information private

Review video: https://www.internetmatters.org/advice/11-13/

Internet Safety check-list for teens (14+) includes recommendations to:

- Talk about their online reputation
- Respect themselves and others online
- Stay safe on the move

Review video: https://www.internetmatters.org/advice/14plus/

What to do if you need help

Childnet provides advice on what to do if a child comes to you and needs your help including:

- **Communication.** It is essential to talk to your child/children and reassure them they should always tell you if something upsets or worries them online
- **Save the evidence wherever possible –** include screen shots, emails, texts
- **Knowing who to report to is really important** – familiarise yourself with the advice available on Childnet's website

https://www.childnet.com/resources/how-to-make-a-report

Don't forget the NSPCC's online safety advice for parents:
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/

Need to talk to somebody (especially during the school holidays) about online safety? Want help with setting up parental controls? Want help with adjusting privacy settings? Want advice on social networks?

FREE advice is just a phone call away from the O₂ and NSPCC helpline 0808 800 5002

Gaming addiction has officially been recognised by the World Health Organisation as a mental health condition – Read expert advice and steps to take to protect children from developing the condition, including:

- carry out a digital detox
- make sure that games are age and content appropriate
- reduce screen time

https://www.internetmatters.org/hub/question/gaming-addiction-can-prevent-children-developing/

Need help with setting up Parental Control Guides?

- Tablets
- Smartphones
- Games Consoles
- Operating Systems

Find out more:
https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/

**Need conversation starters for those tricky questions about social media Apps?
Read Commonsense Media's Q&As**
https://www.commonsensemedia.org/blog/help-my-kid-wants-to-use-social-media?j=6801383&l=512_HTML&u=111308372&mid=7000332&jb=283&utm_source=071318+Default&utm_medium=email&utm_campaign=weekly

Are you addicted to your smartphone?
Apple has unveiled an App to help people monitor/ reduce the time they spend on their iPads/iPhones
https://screentimelabs.com/

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