

Parents and carers – Primary Online Safety

Dear parents and carers

This week in school we have been learning all about ways to keep safe online and look after our wellbeing. The sessions were delivered by North Northamptonshire Council's online safety advisor. During the session we covered ways to keep safe on apps and gaming, how we can be kind online and how can we challenge what we see online.

Keeping young people safe online can seem like a daunting task but having a conversation about ways to keep safe is a great start. No one is an expert in the internet as it is moving at such a fast pace. Sitting down and making a [family agreement](#) with children at home is a great start. Below are also some useful tips on how you can keep your children safe online. We also really recommend you have a look at [Childnet International](#) online and view our online safety and wellbeing videos for parents and carers on [YouTube](#).

- **Set fair and consistent rules** in relation to your child's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world.
- **Teach your child to think critically** about what they see, read or hear online. For young children encourage them to ask "what would mum or dad say about that"? As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them.
- Maintain a **positive** outlook on your child's use of the internet. Whatever you think of the stuff they watch or the hours they spend on Instagram or Youtube, if you constantly criticise the apps or games they love, they are not going to want to talk to you about their online life. **Remember if something happens online at home don't get mad, get curious.**
- Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps. **Try and keep calm and carry on! Think carefully about blocking apps or websites.** This can exacerbate the problem. Making sure they know where to go for help if they need it, and recognising if they are not recovering well so you can step in and help. Don't forget parents can also talk to their child's school about online safety.
- **Allow your child to explore and take charge of their online life.** Having some control over any given situation is an important part of resilience – and such an important part of digital resilience. It's essential in helping them understand and develop their own sense of what's right and wrong online.

Setting up and implementing the 4 D's at home could be helpful

- **Digital free zones** – keep technology downstairs
- **Digital role models** – parents lead by example online and with digital usage
- **Digital sunset** – young people need to come away from technology before they go to sleep
- **Digital detox** – As a family try a gadget free day or hour



3 great apps to download:

- **Netware** aimed at parents highlighting different apps and games young people use.
- **Internet Matters (tablet only)** is a fun interactive online safety quiz that can be used at home with children.
- **Youtube for kid's app** aimed at young children

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Keeping young people safe online can seem like a daunting task but having a conversation about ways to keep safe is a great start. No one is an expert in the internet as it is moving at such a fast pace. Sitting down and making a [family agreement](#) with young people at home is a great start. Below are also some useful tips on how you can keep your children safe online. We also really recommend you have a look at [Childnet International](#) online and view our online safety and wellbeing videos for parents and carers on [YouTube](#).

- **Set fair and consistent rules** in relation to young people's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world. Within your rules there must be an online time limit that we can all agree on. Children in the UK are spending more time online than any other developed country.
- **Teach young people to think critically** about what they see, read or hear online. As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them.
- Maintain a **positive** outlook on young people's use of the internet. Whatever you think to the stuff they watch or the hours they spend on Instagram or Youtube, if you constantly criticise the apps or games they love, they are not going to want to talk to you about their online life. **Remember if something happens online at home don't get mad, get curious.**
- Young people can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps. **Try and keep calm and carry on! Think carefully about blocking apps or websites.** This can exacerbate the problem. Making sure they know where to go for help if they need it, and recognising if they are not recovering well so you can step in and help. Don't forget parents can also talk to their child's school about online safety.

90% of 12-16 year olds in the UK don't believe their parents follow their rules on screen time.
Digital parenting magazine

75of children aged 12-16 think their parents don't understand their online lives. *Digital parenting magazine*

Supporting, setting up and implementing the 4 D's at home is a good idea but pick your battles and be realistic:

- **Digital free zones** – keep technology out of bedrooms if we can, maybe use it in a familyroom, identify early on where technology is not allowed in the house, flat etc.
- **Digital role models** – parents and carers lead by example online and with digital usage
- **Digital sunset** – ideally young people need to come away from technology 1 hour before they go to sleep, but pick your battles. What time do you think is appropriate for your children to come away from technology to get a good night's sleep
- **Digital detox** – as a family try a gadget free day or hour. Try no technology after 6pm or a certain time, have break before breakfast or in the morning, can dinner tables be digital free zones and have a break and time out over dinner.