

## Keeping Safe Online

Children should not be on video from their bedrooms. They should be somewhere within earshot of their parents unless it is a confidential call (e.g. counselling).



It is a good idea to encourage children being honest with you about their use of screens/the internet. Be curious about what they are using and why, and have collaborative rather than directive conversations about it with them. Think about who they are talking to – in times like this, speaking to their friends over a game may be an important way for them to be socialising.

Use safe search engines such as <http://www.swiggle.org.uk> or <http://www.kids-search.com>. You can also activate safe search settings on Google and other search engines, as well as YouTube. To find out more, go to <http://www.google.co.uk/safetycentre>.

Check the age rating of any games or apps that your children want to use. These will be displayed on the app store.

Lots of websites are available to educate and support parents (and professionals) around children and young people's internet use:

- The NSPCC has lots of information, including talking to your children about their use and information about latest sites and games: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> and <https://www.net-aware.org.uk/>
- Another site that does that is Parent Zone: <https://parentzone.org.uk/advice/parent-guides>
- Guidance on screen time from the Royal College of Paediatrics and Child Health: [https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\\_screen\\_time\\_guide\\_-\\_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf)
- Ask About Games: <https://www.askaboutgames.com/>
- The organisation that coordinates 'Safer Internet Day' and where you can report harmful content: <https://www.saferinternet.org.uk/>
- <https://www.vodafone.co.uk/mobile/digital-parenting>

There are some apps that can help children to stay focused (<https://www.common sense media.org/lists/apps-to-help-kids-stay-focused>).