Safeguarding your child in the digital world

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Herts for Learning

Screen time advice for parents

- Monitor your child's time online
- Establish rules/ limits
- Consider where your child is accessing the internet e.g. bedroom
- Have screen break before bedtime (I hour)
- Parental role modelling
- Screen- free dinners
- Charging devices overnight out of the bedroom

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Inappropriate Websites

What to do?

It may be difficult, but talk to your child

...what might they stumble across?
...they should talk to you if something upsets them
…tell them that you are there to support them

Use Parental Controls but these alone are not a substitute for educating children

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No filtering tool is 100% effective

How to set up the parental controls offered by BT

How to set up the parental controls offered by Sky

How to set up the parental controls offered by TalkTalk

How to set up the parental controls offered by Virgin Media

www.saferinternet.org.uk

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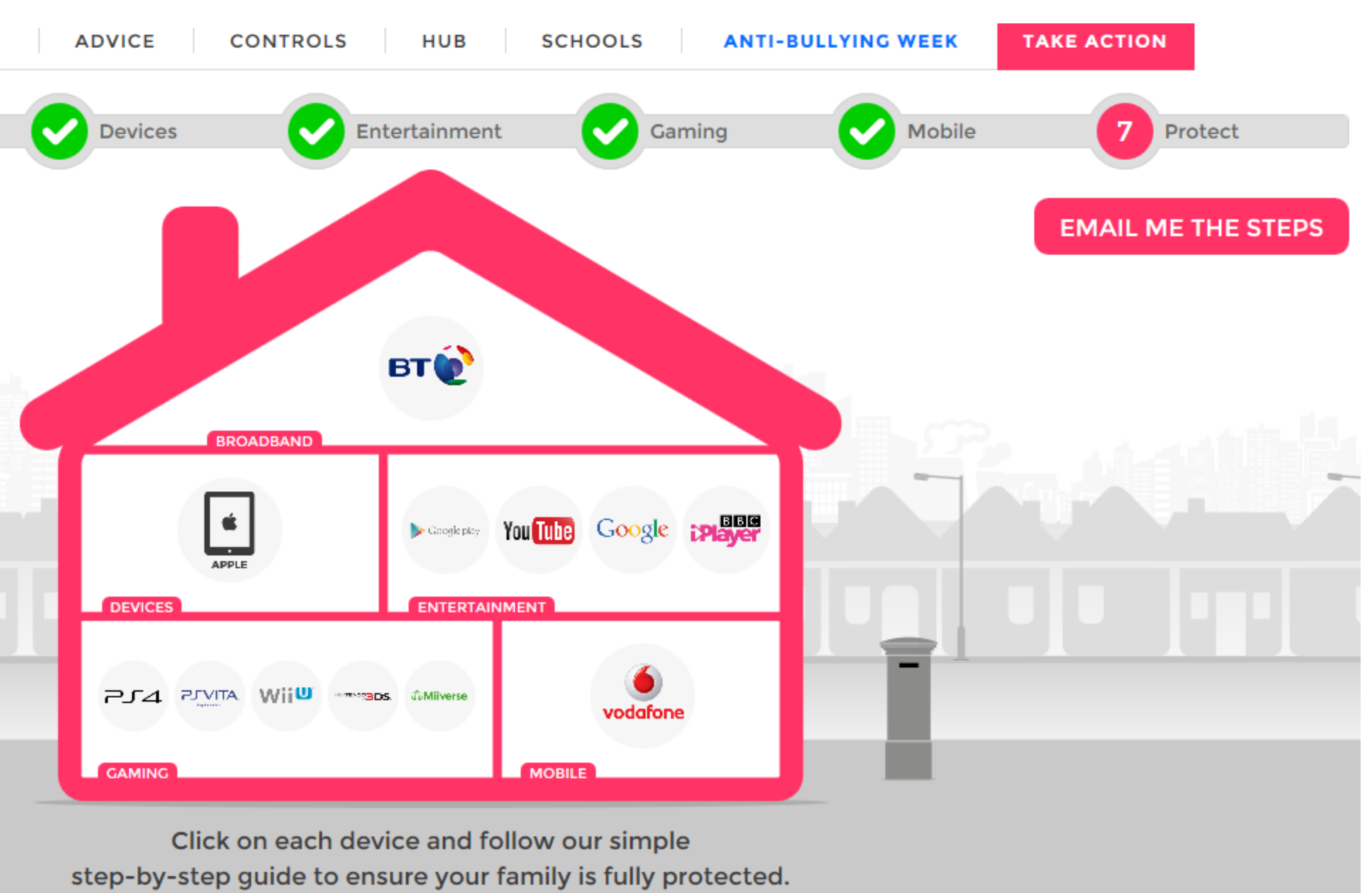

Internetmatters.org

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Games – staying safe

Know what games your child is playing.

Age and content appropriate games: PEGI rating.

Room / location environment: can you see what they are doing?

Monitoring and talking with your child about their 'online' friends.

Not sharing any personal info with people they play online game with.

Parental controls.

Not before bed (reduces quality of sleep)

Monitor time spent on games – addictive!

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Online Grooming

What to do?

Talk to your child

..about how easy it is to lie online

..about their online friends

..about never meeting an online friend

..about how to report inappropriate contact

..about how you are there to support them

Report inappropriate contact to CEOP

CEOP REPORT
ceop.police.uk

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What constitutes cyberbullying?

- Posting lies or inappropriate things about others
- Impersonating someone online
- Spreading gossip online
- Using someone else's password
- Posting photos of someone else without consent
- 'Liking' a bullying comment
- Sharing a bullying text
- Insulting someone in an online game

Videos to watch with your child

Watch Jigsaw

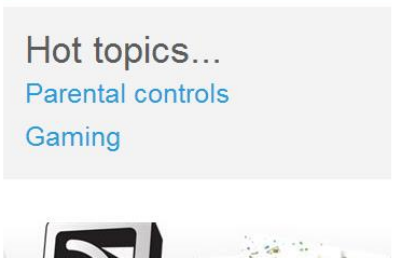
8-10 yr olds
JIGSAW
Search for ‘CEOP Jigsaw’

4-7 yr olds
LEE AND KIM’S ADVENTURES
Search for ‘CEOP Lee and Kim’

Watch Lee and Kim

Childnet

www.childnet.com



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Some Key Advice for our Children

Be nice online

Keep personal details private

Think before you post, forward or send

Don't accept friends requests from strangers

Do not meet up with someone you've met online

Do not share passwords with others

Do not webcam with others unless you are 100% sure of who they are, and you trust them.

Tell a trusted adult if you are ever worried, frightened or scared

Know how to keep yourself safe

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A checklist for you

- Ask your child to show you the sites they like to use
- Sit with your child to check and manage their privacy settings
- Know who your child talks to online
- Set rules and agree boundaries
- Monitor the games your child plays and check age appropriateness
- Ask your child to tell you if they are worried about something online

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