



Online safety at home: 2

parents and carers newsletter

www.stjosephsfederation.co.uk/parental-support/safeguarding/online-safety

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Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can support children's online safety. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

PhoneSmart licence with EE

EE have created a site that allows children to earn a phonesmart licence. It's a fun, interactive and educational course to help children learn how to stay safe and be kind online, and to encourage them to use their phones for good, not hate.

Set Up Safe from Internet Matters

This link explains how to set up devices simply and safely for children.
<https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe/>

Remember, primary-age children should be supervised at all times when online.

More information?

We will publish a newsletter for Online Safety every term. Between times we will send you a link to the latest top tips on our Online Safety Page on the school website. Please let us know via your class email or ict@st-josephs-jun.croydon.sch.uk if you need any support or have specific concerns.

Steps you can take to help keep your child safer online

ThinkUKnow is an excellent website for online safety They have activity packs for different age groups. Simple 15 minute activities to do with your child if they are age 5-7, 8-10, 11-13 and older. Click the link to get started and download your activity packs.

<https://www.thinkuknow.co.uk/parents/home-activity-worksheets/>

Make sure they know where to go for support:

Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Updates for SnapChat from National Online Safety

<https://www.stjosephsfederation.co.uk/wp-content/uploads/2021/11/SnapChat-Updated-information-for-Parents.pdf>

Please also be aware that youtube kids sometimes has inappropriate content and needs monitoring

Talk about how their online actions affect others:

If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

How much screen time is OK for my child?

The Royal College of Paediatrics and Child Health (RCPCH) have produced guidance for screen time for under-18s. Drawing on research and studies on the impacts of screen time, they have concluded that there is no 'recommended' or 'set amount' of time that children should be limited to on devices. Instead the focus should be on ensuring that time spent on devices does not replace sleep, exercise, or family time. They advise that devices should be avoided in the hour before bed to promote healthy sleep and have provided the following checklist to help parents and carers make decisions about their family's screen time use:

Are you able to control snacking during screen time?