On-Line Safety week

Today is Safer Internet Day and this year's theme is:

'Want to talk about it? Making space for conversations about life online'.

Throughout this week the children are learning about how to keep themselves safe on-line, the importance of talking to our grownups about what we are playing/doing and talking to them when we feel uncomfortable about something we see.

Please visit our 'safe guarding and on-line safety page' on our **website**. It has lots of useful information and links, including how to set parental controls on different devices.

Rather than a zoom presentation or a talk at school we have recorded a short On-line Safety video for you to watch at a time that is convenient to you. It contains lots of useful information, that is relevant for your child both now and as they grow up. You will find this video on our website.

How to set **parental controls** on all electronic devises:

https://www.internetmatters.org/parental-controls/?gclid=CjwKCAiA68ebBhB-EiwALVC-NlkcmZGcKwKrt5gXW9eqoYjxA_AFn_doP42Ej6U9CGs7DTxMVMHLHRoCTg4QAvD_BwE

Please find below a set of top tips:

- ***Screen time rules***

TOP TIP: no digital devices in the bedroom, especially at bed time

TOP TIP: Avoid using screen time as a reward. This will elevate the status of screen time above other activities and like using food as a reward may encourage children to simply want more.

TOP TIP: Be confident to put in boundaries.

DID YOU KNOW?: Blue light from digital devices, e.g. i-pads, mobiles**, can trick the brain into thinking it's still daylight** making it difficult to sleep. **Turn off screens one hour before bed time.**

Internet-Matters-Guide-Balancing-Screen-Time-5-7-KeyStage1

Internet-Matters-Guide-Managing-children-screen-time

Video: https://www.internetmatters.org/resources/screen-time-tips-to-support-5-7-year-olds/

- ***Content – critical thinking***

TOP TIP: Encourage your child to question 'is it real?'

TOP TIP: Discuss the information that should and shouldn't be shared.

TOP TIP: Discuss the importance of developing a good digital footprint.

Internet-Matters-Online-Critical-Thinking-Guide-1

- ***Keeping children safe while on-line gaming***

TOP TIP: Take an active interest in the games your children are playing

TOP TIP: For younger children, use **'airplane' mode** so they can't accidentally make purchases or connect with someone they don't know.

TOP TIP: For older children ask **who they are playing with** and use of **appropriate language**.

TOP TIP: Gaming can be **ADDICTIVE**, agree boundaries and how long they're allowed to play for.

Internet-Matters-Tips-Keeping-children-safe-while-online-gaming

- **Appropriate games guide for families**

Internet-Matters-Amazing-Games-Guide-2021-1

- ***On-line bullying***

TOP TIP: Never delete bullying messages; screenshot them for evidence,

TOP TIP: Can happen on a range of devices 24/7

If you have any questions or would like any support please do come and talk to the school.

St Michael's C of E (A) Infant School
Online Safety Rules

I will follow the bee rules when I tap and click.

I know that what you see on the computer may not be true.

I will tell a grownup if I see anything I don't like or I don't understand.

I won't share passwords or give out information about me or my family.

I agree to follow the rules.