Online Safety

February 2024

Online Safety risks can fall into these categories

Content: being exposed to illegal, inappropriate or harmful content, for example: pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation and extremism.

Contact: being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes.

Conduct: personal online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images (e.g consensual and non-consensual sharing of nudes and semi-nudes and/or pornography, sharing other explicit images and online bullying'.

Commerce – risks such as online gambling, inappropriate advertising, phishing and or financial scams.

Work with your child to develop good habits and set boundaries together.

Monitor what you child has been doing online by looking at their search history and messages.

Show an interest and learn together.

Enable parental controls.

Check age-limits for films, apps and games.

Encourage your child to tell you of something is worrying them.

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?

Ask them about how they stay safe online.

What tips do they have for you, and where did they learn them? What is OK and not OK to share?

Ask them if they know where to go for help.

Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?

Think about how you each use the internet.

What more could you do to use the internet together? Are there activities that you could enjoy as a family?

UK Safer Internet Centre

SAFE & HEALTHY ONLINE HABITS

Make sure that you can see your child when they are online (not in their bedroom).

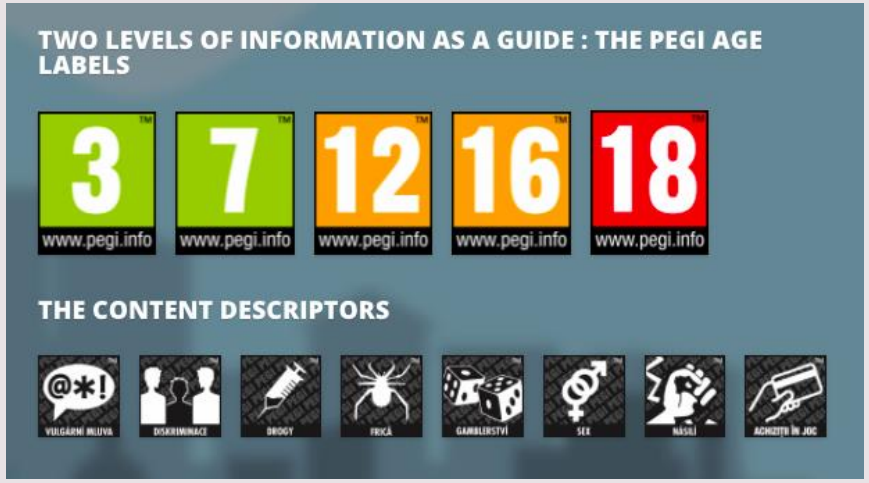
No screens in the hour before bedtime.

Use an avatar not a photo in their profile.

Use a nickname, not their real name.

Age Restrictions

These websites can help you find out if games, apps and films are suitable for your child.



PEGI

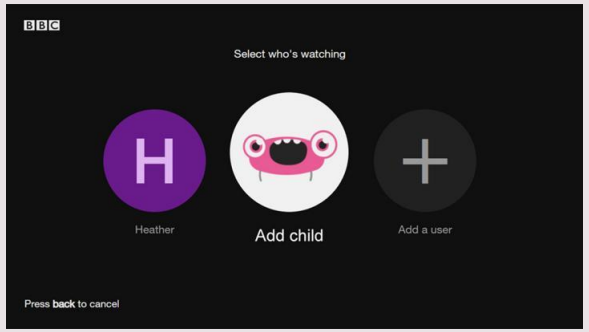
common sense media

Common Sense Media

Parental Controls

YouTube Kids

Parental Controls



iPlayer child profiles

UK Safer Internet Centre
www.saferinternet.org.uk

Parental Controls

Netflix Profiles

NSPCC

Parental Controls

Screen time

Open for Parents has a webinar for parents and carers on 4th March – email for a link

Managing Screen Time (2-10 years) 2 hours

EH.0-19parentingteam@eastsussex.gov.uk

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world – this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

Wednesday 24th January 12:30-2:30pm

Monday 4th March 10:00-12:00pm

FAMILY HUB EAST SUSSEX

Early Help 0-19

NHS East Sussex Healthcare NHS Trust

East Sussex County Council

How to start a conversation with your child about using a phone safely:

UK Safer Internet Centre

Why do you want to get a phone?

Whilst deciding if it is time for your child to have their first phone can be a great opportunity to find out what your child expects to use their phone for. This could be for connecting with friends, playing games, for keeping in touch whilst out of the house or other reasons.

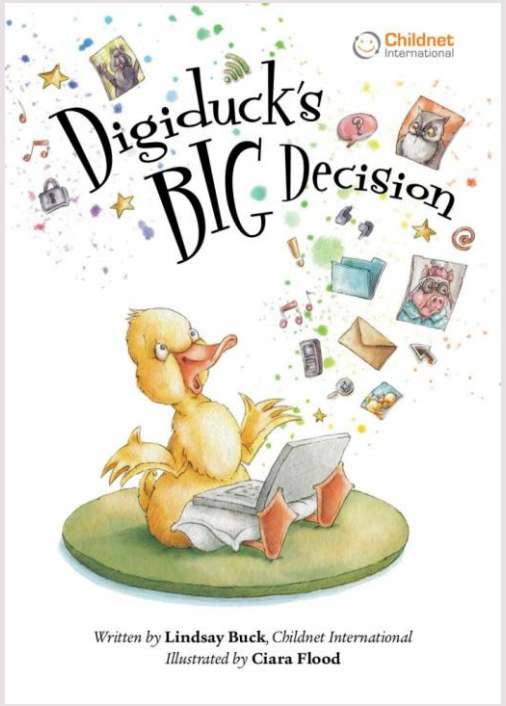
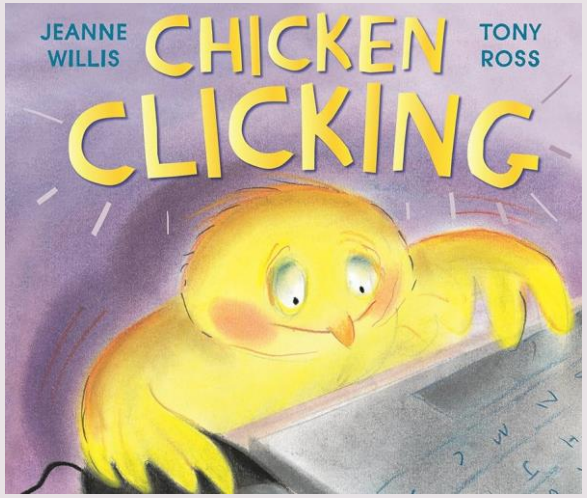
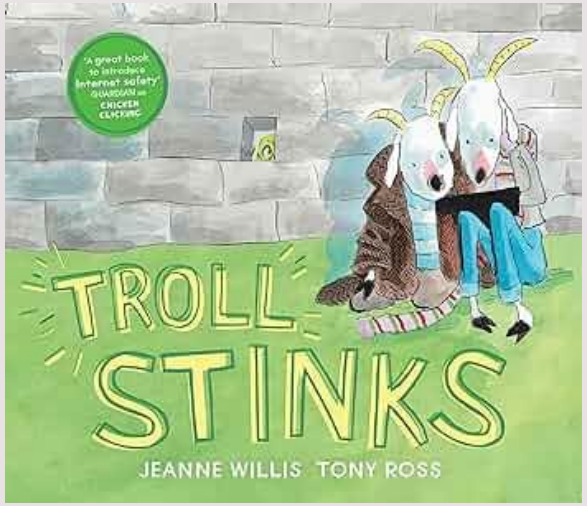
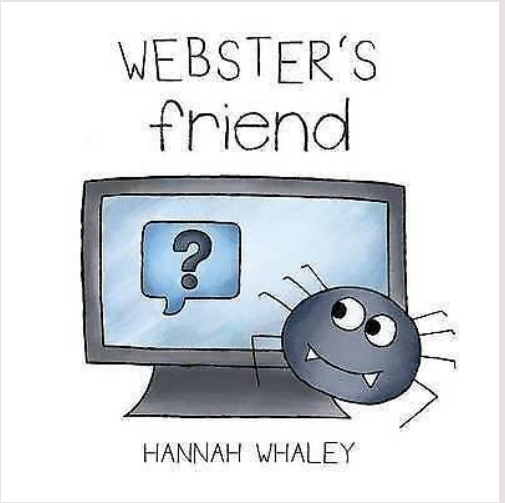
What would you do if something worrying or upsetting happened on your phone?

You can ask them about the places they can go to find the safety advice, find out what they know about privacy settings, and ask them how to report or block on the services they use.

What do you like about using your phone?

You can ask your child about their favourite apps or games, what they like using their phone for, or you can ask them to show you how to play or use their favourite game or website.

How can we do more online together?

Ask your child about activities or games that you could enjoy as a family, this can be a great time to establish a family agreement to manage your families time online.

Follow the links from the Key Information tab to Curriculum / Online Safety, to see all the parent / carer advice.