



Online Safety at Home

Parents and Carers Newsletter

More than at any time in history, children are using technology and spending more time online doing their school work, playing games or watching videos. Technology is exciting and hugely valuable for education, as well as a great way to keep in touch with friends and family. However, it's increasingly 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 safe:

Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Watching videos

Children love to watch videos and YouTube is always a firm favourite! Sometimes, however, children can be exposed to videos that are not meant for them. [YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#)

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

More information?

'Thinkuknow' is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online:

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Watching videos

From animals doing funny things, to slime-making and game-tutorials, the internet has lots of fun videos for children to enjoy. That said, the amount and availability of content online means that children may see something inappropriate.

To understand what type of content might not be suitable and advice on how to help your child watch safely, watch this short [video guide](#).

The internet is a public and open space where anyone can post and share content. This can be fun and entertaining for children but it does mean your child may see something that is intended for adults.

Find out what to do if [you're worried your child might see something inappropriate online](#) or what to do [if they already have](#).

Online gaming

Online games are social activities and most have features that allow children to chat with others whilst they play.

For information about the positives of gaming, the risks of in-game chat and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#) .

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#)

Gaming on-line has never been more popular. If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

Chatting, being kind and making friends online



Primary-age children may not have previously had much experience with video chatting apps such as Zoom, FaceTime and Skype but may well be using them now for education or to keep in touch with family and friends.

To make sure your child has a positive experience video chatting online, read this [guide for parents and carers](#)

The internet has many positive opportunities for children to learn and play but it can also be used in negative and unkind ways.

It's really important to speak to your child about being kind online and how they can get help if they see or hear anything that makes them feel worried, scared or sad. Use these [conversation starters](#) to help your child understand the importance of being kind online.

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

To help children have positive online friendships, read this [handy guide](#).

Sharing information, pictures and videos



Recently, it's been difficult to stay connected with our friends and family so you may be sharing more images and videos your children online via social media. Before you do, there are some important things to consider.

Read [sharing pictures of your children](#) for information on how to protect your child whilst using social media.

Using devices like phones and tablets to share pictures and videos can be a fun way for children to have fun and stay in touch with friends and family online. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Personal information is any information that can be used to identify your child. Sharing personal information online is easy and sometimes children, like adults, might share more online than they would offline, which can be risky.

Read [your child's personal information and how to protect it online](#) for information and advice.