Online Safety News

Challenge your children to a quiz

Who knows the most about the online world in your home, parents or children?

Get the whole family together and try the O2 NSPCC Parents vs Children quiz. The game can be played one on one or in teams on an Amazon Echo, or on your mobile, desktop or tablet.

A really fun way for the whole family to learn together about staying safe.

Find out more here: **bit.ly/ParentsVsKids**

Jessie & Friends — a new resource to use with 4-7 year olds

Children are accessing technology and the internet at a younger age than ever before. It's never too early to talk to your child about what they do online and who to tell if they come across anything online that makes them feel worried, scared or sad.

Jessie & Friends is a new resource that your children may have used in school but highly recommended that parents with young children use it at home too. The resource has three short animated films following the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There's also a storybook for each episode, to help you and your child keep the conversation going.

The key message throughout *Jessie & Friends* is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

The resources can be found here:
bit.ly/JessieAndFriendsEducation

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Vodafone story time

Vodafone Global and Parent Zone have recently created 'Story Time', a fun way for Key Stage 1 and 2 children to learn about the essentials of internet safety. Two stories featuring Tommy Tablet and Sally Smartphone and their owners are free to download.

bit.ly/VodafoneStoryTime

Keeping under 5s safe online

Whether it's watching videos or playing games on their devices, today's under 5s are spending more and more time online. CEOP has recently published an article which highlights some of the benefits of young children accessing the internet, and it shares some key advice about how to make sure your child has a positive and safe experience online.

The top tips include:

- exploring the online world of apps and games together
- having regular conversations about what they like doing online
- supervising under fives while they're online and not letting them access the internet in unsupervised spaces
- making use of parental controls
- using 'SafeSearch' functions on web search engines
- setting family rules and boundaries
- leading by example and modeling positive behaviours on devices

The full advice can be accessed here:
bit.ly/KeepingYourUnderFiveSafeOnline

Setting parental controls

Internet matters has published really useful 'step by step' guides to help parents set up the controls and privacy settings on the networks, gadgets, apps and sites children may be using to help give them a safer online experience.

There are various types of controls that can be used, some of which are free but others which can be bought. However, remember, nothing is totally fool proof and they don't replace the need for adults to support and advise children about using the internet safely.

bit.ly/UsingParentalControls AndPrivacySettings

The 'Momo Challenge'
A hoax but potentially distressing

You may have heard about recent media reports about the 'Momo Challenge' suggesting it was encouraging participants to carry out dangerous challenges relating to self-harm. This was fortunately a hoax that went viral and further information as to how and why the hoax came about can be found on the BBC website and in The Guardian.

It is important, however, that parents and carers take every opportunity to talk to children about internet safety and have open conversations about what children are accessing online.

It is recommended that parents/carers:

- enable the privacy settings on all apps and games young people are using
- disable live locations settings
- ensure children understand the importance of not giving personal information to anyone they do not know
- remind children not to get in touch with people they do not know on social media or gaming sites
- talk with children about the importance of not feeling pressurised at any time to respond to an online dare from either someone they know or a stranger and to tell a trusted adult about the request
- remind children no-one has the right to make them do anything they do not want to do

Screen time for children

New guidance into screen time has been published by the Royal College of Paediatrics and Child Health. The guidance states that there is not yet enough evidence to confirm that screen time is in itself harmful to child health at any age, making it impossible to recommend age appropriate time limits. The guidance, however, suggests that age appropriate boundaries are established, negotiated by parent and child and that everyone in the family understands. It is also important that adults in the family reflect on their own level of screen time in order to have a positive influence on younger members. The guidance also strongly recommends all electronic devices be switched off an hour before a child goes to bed.

The guidance does include a series of questions which aim to help families make their own decisions about screen time. Questions include:

- is your family's screen time under control?
- does screen use interfere with what your family want to do?
- does screen use interfere with sleep?

The full report can be read here:
bit.ly/ScreenTimeGuide

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