Safeguarding and online safety during Covid 19 – advice for parents

As a school we take our safeguarding duties seriously. During this difficult time where many of our children are being educated at home, we want to do all we can to ensure we support you to do this.

Please find below some further information with regard to online safety and mental well-being.

Keeping children happy and safe online during COVID-19

As a result of COVID-19, we know that parents and carers are having to manage their child's use of technology and help them learn remotely. Here are lots of useful resources and tools that you as a parent or carer can use to help ensure your child is safe and happy online.

All Children

Make an agreement about, sites, uses, expectations and responsibilities. By giving your child a role, they will feel more empowered and invested in following the boundaries you agree together. See Childnet for a great example.

https://www.childnet.com/ufiles/Family-Agreement.pdf

3-7 year olds

Learn with Digiduck

Follow Digiduck and his pals in these stories about friendship, responsibility and critical thinking online.

https://www.childnet.com/resources/digiduck-stories/digiducks-famous-friend

https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision

Have an adventure with Smartie the Penguin

Join in with Mummy Penguin's song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet. Taking you through Pop ups and in app purchasing, Inappropriate websites and Cyberbullying

https://www.childnet.com/resources/smartie-the-penguin

This is me!

Read the poem created for Safer Internet Day 2020 and use as a conversation to start talking with your child about what they like to do online and what they already know about staying safe. After you read it through, encourage your child to write their own poem using the things they like to do and what they know about going online safely.

https://www.childnet.com/ufiles/This-is-Me-poem.pdf

For 7-11 year olds

Be a quiz master

Ask your child to brush up on their online safety skills by working their way through our interactive quiz for primary pupils. After they have completed all the sections, they could run the quiz with other members of your family, and compare scores.

https://www.childnet.com/young-people/primary/get-answers

Get SMART with Kara, Winston and the SMART Crew

Show your child our 5 SMART rules cartoons about staying safe online. The films include a real-life SMART Crew of young people, who guide the cartoon characters in their quest, and help them make safe online decisions. Why not ask your child to film their own advice to go along with each film?

https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities

Screen time - spot the signs

When it comes to children and technology, parents and carers often have the same question: How much screen time should children have? Use our bank of quick activities together with your child to help them recognise the signs they may experience when they've been online too long and the importance of balancing online and offline activities.

https://www.childnet.com/ufiles/Screen-TIme-and-Healthy-Balance-Quick-Activities.pdf

Online identity detective

The Safer Internet Day 2020 quiz explores whether children feel free to be themselves online. Get your child to test their knowledge about what identity means online, and how it shapes what we think of ourselves and others.

https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/safer-internet-day-2020-quiz

Getting advice and guidance if something goes wrong

As young people spend more time online there is also an increase in the chances they will see something online which isn't intended for them. Whether this is fake news and impersonation, or mean comments, there are lots of places you can go for help and advice on how to report this behaviour. Together as a family you can also help prepare your children and build their critical thinking skills.

Making a report

reportharmfulcontent.com is a website designed to help you report anything which you believe shouldn't be online, with guidance about how to report different types of content as well as help with the next steps you can take if your report isn't actioned by the site or service you have made it on.

Speaking to someone

For parents and carers - **The O2 and NSPCC helpline** **can help you with any questions or concerns you may have about keeping your child safe online, they can provide you with advice and help to troubleshoot any problems your family may be facing.**

Other useful web sites

https://www.nspcc.org.uk/keeping-children-safe/online-safety/

- Childline - for support

- UK Safer Internet Centre - to report and remove harmful online content

- CEOP - for advice on making a report about online abuse

- Internet matters - for support for parents and carers to keep their children safe online

London Grid for Learning - for support for parents and carers to keep their children safe online

Net-aware - for support for parents and carers from the NSPCC

Parent info - for support for parents and carers to keep their children safe online

Thinkuknow - for advice from the National Crime Agency to stay safe online

UK Safer Internet Centre - advice for parents and carers