



# Online Safety and Digital Citizenship

As part of our PSHE work on keeping safe and healthy, we have been learning about online safety too, and how to be positive digital citizens.



## Useful links for parents

[www.nationalonlinesafety.com/guides](http://www.nationalonlinesafety.com/guides) - some super, simple, easy to understand guides for parents on how to deal with a range of different things online. From setting up apps, newest games, use of devices, or using social media safely, there is a guide for you.

[www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents) - get advice about online behaviour, report negative online behaviours to Child Exploitation and Online Protection (CEOP), or read advice on talking to your child about a range of different issues.

[www.parentsafe.lgfl.net](http://www.parentsafe.lgfl.net) - useful advice from London Grid For Learning, including top tips, app info, screen time, settings and controls, and how to talk to your children about their online use.

[www.internetmatters.org](http://www.internetmatters.org) - Get expert support and practical tips to help children benefit from connected technology and use the internet safely and smartly.

## Our message to the children

- The people you meet online are strangers and may not always be who they say they are.
- Keep your personal information private. Information like your full name, age, address, date of birth and school are not things that should be shared with others online.
- Be polite and considerate online. You wouldn't say something unkind to someone in person, so don't do it online either.
- If you feel uncomfortable about anything while you are online or get 'butterflies in your tummy', tell a trusted adult.

## We asked the children what they would like their parents to know about keeping safe online:

- There are many things we should keep private online;
- Parents should be aware of what we are doing online - asking us questions and being involved;
- We all need to be aware of the reliability of websites and emails, trying to avoid scams;
- Secure websites will begin with https;
- We should have virus and download protection software;
- There are different ways to talk to strangers online - chat, emojis, or orally;
- Parents should be aware of the age restrictions on games, social media and websites, and why these are necessary;
- We all need to be kind online.



### Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your children to stay safe and happy online.

#### **Make space for regular conversations about life online**

Talk openly and frequently about what you are doing online and encourage your children to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

#### **Make space for enjoying and exploring the online world together**

Play games, watch videos, and express an interest in your children's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

#### **Make space for working as a family to agree expectations for going online**

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

#### **Make space for learning about the apps, games and websites your children are using**

There are lots of tools and guides to support you with keeping your children safe on whatever apps, games and websites they are using. Research PEGI age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your children should anything go wrong.

#### **Make space for supporting and reassuring your children if things go wrong**

Remind your children they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your children to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your children's school.

### Top tips for parents of under 7s

These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!

#### **Make space for enjoying time online together**

Play games, watch videos, and learn new skills with your children. Share what you are doing online and talk about what they like doing online. Show your children how great a space the internet can be and all of the ways you can use it as a family.

#### **Make space for talking about the online world from an early age**

Show your children the amazing things they can do on the internet, before they begin to use it independently. The earlier you talk about the online world together, the easier these conversations become as they grow up.

#### **Make space for using the internet to build key skills**

Why not find fun and educational games to play together, or watch videos about topics your children are interested in? The internet is a great space to practice key online safety skills like keeping your personal information safe and asking for help when you need it.

#### **Make space for setting clear boundaries about tech use**

Establish expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It might be no tech at dinner, setting time limits, blocks on certain sites, or only using devices when there is an adult in the room. Discuss these with your family, and review and adapt them as time passes and their internet usage changes.

#### **Make space for familiarising yourself with safety tools**

There are loads of amazing tools and organisations to support you in keeping your children safe online. Explore the different privacy settings and parental controls available to you, and know how to report inappropriate content. These can all help make the internet a safer place for your children.

#### **Make space for conversations about what to do if something goes wrong**

Reassure your children that they can always come to you if something makes them feel uncomfortable or upset while they are online. You may also like to talk to your children about putting devices down, turning them over, or pausing content if they see something they don't like.