Early Help
Dedicated Schools Team

My Digital Child

Housekeeping

- Ask questions
- Listen to each other
- Allow time to speak
- Make these sessions a safe space
- Only share what you feel comfortable sharing about yourself

Welcome and Introduction

Take a few minutes to think about common barriers and worries you might have about your children being online

Deciding what's appropriate for children to see online

The online world gives us access to a huge amount of information and services, but the scale of information available also means that there is content that is inappropriate for children. What is or isn't appropriate is up to individual parents and carers to decide, and could be based on things like age, ability, beliefs and family values.

What are parental controls?

Parental controls allow you to block and filter upsetting or inappropriate content.
They work across your Wi-Fi, phone network, individual apps and devices.
Parental controls can help you to:

- Plan what time of day your child can go online and how long for.
- Create content filters to block apps that may have inappropriate content
- Manage the content different family members can see.

The Limits of Parental Controls

Whilst parental controls are a helpful tool there are limitations. So, they shouldn't be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different Wi-Fi with no controls in place.
Parental controls are just part of the way you can help keep your child safe online.
More top tips include:

- Talking to your child. Explain why you are setting parental controls; to keep them safe. But also let them know that they can talk to you to discuss why certain settings are in place.
- Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.
- Age is a significant factor; as children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed".
- Content filters are never 100% effective; it is likely at some point that your child will see inappropriate or upsetting content and it is important that you are able to talk to them about this.

Video

Discussion time- Thoughts?
How did that make you feel?

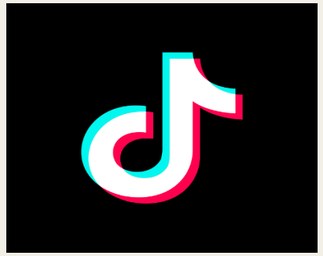
Quiz time!

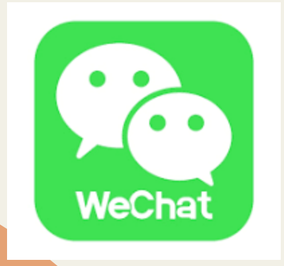
What are the age limit on these common apps?

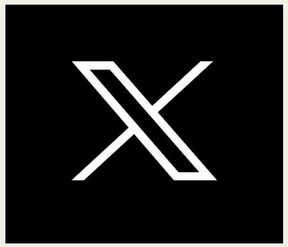
- Facebook?
- Instagram?
- Snapchat?
- X?
- WhatsApp?
- TikTok?
- Telegram?

What is your child accessing while they are online?
Who are they talking too?

Common Apps young people are using







Have you considered a family agreement? How could this work for your family?

What we have agreed about our online life

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We have decided that *(add your names)*:

1. We agree that we want to use our phones and the internet safely
2. When we eat together phones and online activities will be off
3. I can play my games after school for ____ minutes and at weekends for ____ minutes
4. At night my phone will be charging in another room while I sleep
5. We agree to be kind to other people online and move away from anything that upsets us

Below are our agreements for social media and our devices

We've agreed on some rules about social media. We don't like:

- Messages that are rude, upsetting or make people sad
- Photos or videos that are not OK for children or teenagers because they make us less safe or let other people see things that are private to us.
- It is not OK to send these.

I/We promise to do these things:

- Get help from ____ *[name of parent / carer]* to add friends at first
- I'll only talk to close friends I know now or my family
- I won't share photos that are inappropriate (describe)
- We all understand that social media apps have age limits and rules
- We all understand how important it is to be private and ____
  will set up a social media account for ____
- We agree to be kind to other people on social media and help our friends

6. If I feel upset about anything I see, I can tell ____
   I know how to block or restrict people if they are nasty or I can ask ____
   ____ to help.

Devices

- Which devices are we allowed to use and when? ____
- Who will check regularly to see that the privacy and security settings are OK? ____
- What do we do if we are asked to click on something? ____
  (Like don't click 'accept' before checking with an adult)
- When is it OK to download files, games or apps? ____
- When is it OK to buy things in games? ____

We will talk about our agreement ____ *[enter agreed amount of time]* to see how it is working.

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Do you know the safeguarding policy at your child's school?

The below is an example of what a policy might be:

Social Media Concerns (images, messages, interactions on social media)

- *Were schools to be informed of (potential) images (be they actual or AI), or other social media issues, then we advise parents/carers to refer in to IFD and the police (via 101)*
- *If parents/carers allow their child a smart phone/access to a smart phone or access to social media/internet, it remains the parents/carers responsibility for the images their child accesses and/or shares with others*
- *We, as the school, would offer support to parents/carers with this process, should it be necessary*

Useful resources

- https://www.internetmatters.org/resources/esafety-leaflets-resources/
- https://saferinternet.org.uk/blog/what-is-cyberbullying-and-what-can-i-do-about-it
- https://www.ceopeducation.co.uk/parents/
- Keeping children safe online | NSPCC
- Online and mobile safety | Childline
- Home | Ygam

Apps to support parents

- Qustodio
- Kidsheild
- Family Links
- Life360
- What3words

Any Questions?