

# netangel

prevention education protection



Issue - 9

## **Out of sight** **Out of mind**



# Schools out for summer

With the summer holidays fast approaching the focus this month is on sharing top tips to help navigate the next few weeks\*.

## Tips for parents:

### Supervision

- Be aware of the websites, apps, games and social media platforms your child uses.
- Supervise their online activities by regularly check their accounts/devices.

### Parental controls

- Utilise parental controls to monitor and filter content.
- Review and set each platform's privacy settings.
- Check the location settings within the social media apps.

### Rules / Expectations

- Establish clear rules and guidelines for internet use, including time limits and appropriate online behaviour.
- Guide your children on responsible social media use.
- Encourage critical thinking to evaluate the reliability of online information.
- Discuss these rules with your children and ensure they understand the reasons behind them.
- As children get older and develop cognitively you may want to consider making the subtle shift from the concept of hard fast 'rules' to conveying your 'expectations' as they move closer and closer to adulthood.

### Communication

- Have open and honest conversations with your children about their online activities.
- Educate them about the potential risks they may encounter online, such as cyberbullying, scams, inappropriate content, and online predators.
- Encourage them to talk to you if they encounter any issues or concerns while using the internet.
- Show them how to report and block inappropriate or harmful content, and remind them to seek help from a trusted adult if they encounter any issues.
- Help your children to develop resilience and coping strategies for dealing with online challenges.
- Teach responsible social media use; including not accepting friend requests from strangers and being cautious about sharing personal information or photos.
- Emphasise the need to think before posting anything online so they are aware that each online interaction leaves a digital footprint.
- Discuss the difference between credible sources and misinformation, and encourage them to verify information before believing or sharing it.
- Stay updated with technology by keeping yourself informed about the latest trends, apps, and platforms popular among children and teenagers. This will enable you to have informed discussions and make informed decisions regarding their online safety.

### Here are some top tips for parents to share with their children:

- Share uplifting content.
- Don't share personal information.
- Look out for fake news.
- Ignore trolls / bullies and tell a trusted adult.
- Report bad online behaviour.
- Make time for offline hobbies.
- Avoid scrolling aimlessly.
- Accept people are different.
- Take regular breaks from the screen.
- Get permission to buy online, if you have permission spend cautiously.
- Think twice before reacting and commenting.
- Be kind.
- Ask before sharing photos of others.
- Tell a trusted adult if something upsets you or call Childline on 0800 1111 (Dave please convert 'Childline into a link using <https://www.childline.org.uk/get-support/contacting-childline/>)
- Be aware of digital footprints.

When all is said and done, perhaps see the summer holidays also as an opportunity to encourage offline activities, to participate in physical activities/hobbies, and to spend time with friends and family.

Last, but by no means least, be a role model. Set a good example by demonstrating responsible online behaviour yourself. Show your children how to use the internet safely and respectfully.

\* Remember, online safety is an ongoing process, so it's important to regularly revisit, review and update your online safety approach. If you have more than one child do this within the context of appreciating the uniqueness of each child in terms of their age, cognitive ability and technical ability.

