



Online and digital safety

As I am sure you are aware children are spending more time online and using many different devices. Whilst this can have an extremely positive impact it is also vital that we ensure that they are staying safe and know exactly what to do should something happen that they do not like or are unsure of.

Advice for Parents:

What to do if your child sees something upsetting online:

If you are concerned or want advice about online safety issues you can call the NSPCC's free helpline 0808 800 5002.

Speak to your child about the importance of not contacting strangers online, regardless of the method. Setting privacy systems on devices with your child is a great way to have this conversation and agree on precautions to take.

Keep having open conversations about online activity and take an interest in what they are doing online. Keep an eye on device usage – there are lots of tools that can help you to do this, check in with them if you notice anything unusual or you are not sure about.

Ensuring your child's privacy and security settings are set to be as secure as possible, both on their devices and the apps/games/sites they are using. There are lots of helpful guides and support that can help you to do this. This will help to prevent your child coming across anything distressing online.

Where to go for help if your child has been affected by dangerous online crazes - There are a number of organisations that can offer direct support to you and your child. Here are a few that we would recommend:

The Samaritans 116 123

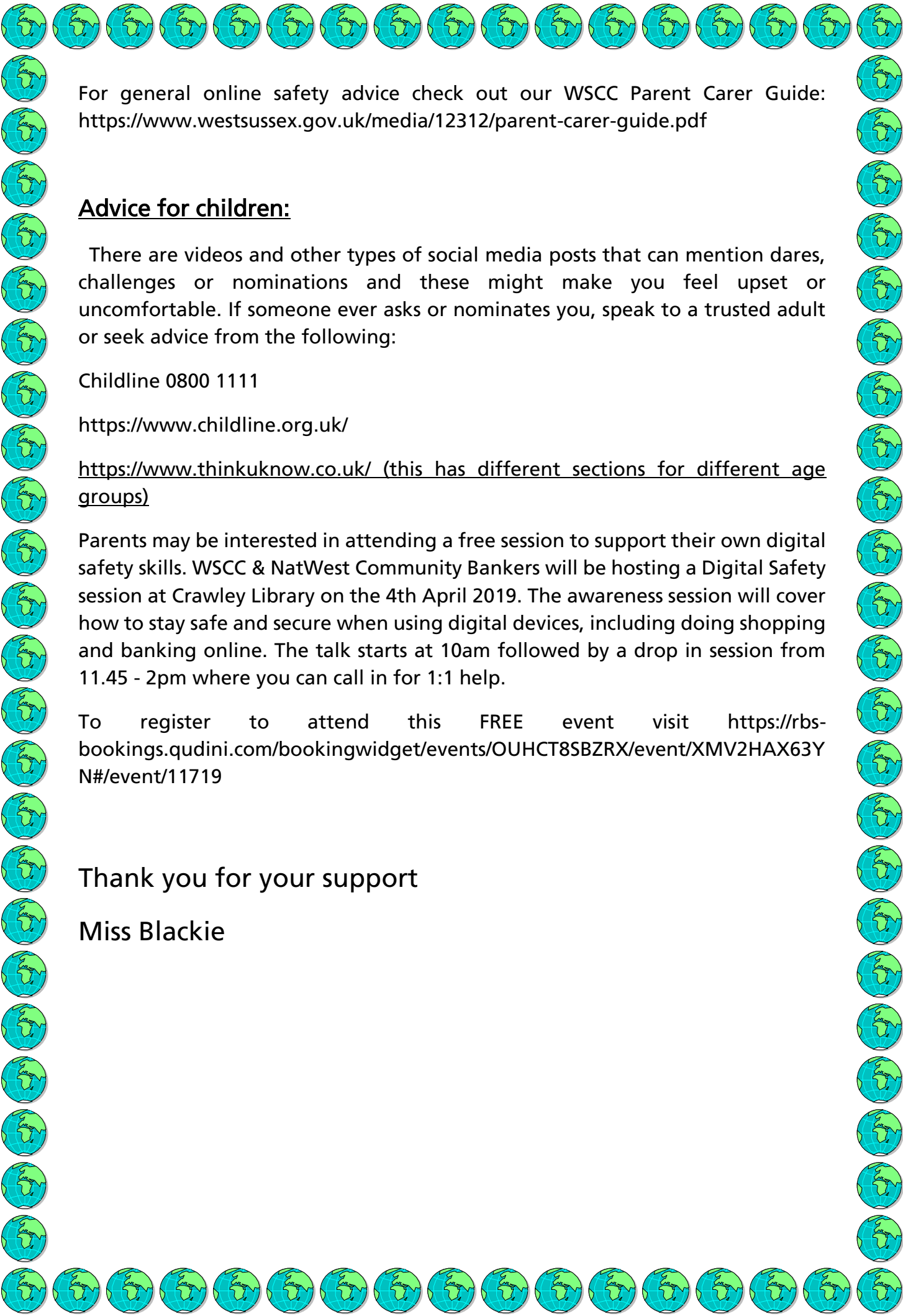
The NSPCC/O2

Parents Helpline 0808 8005002

<https://www.saferinternet.org.uk/> - the resource for you people 3-11 year olds are useful. There is a Smartie the Penguin e - book about use of technology that lots of the children will have seen at school before.

<https://www.thinkuknow.co.uk/>

<https://www.childnet.com/>



For general online safety advice check out our WSCC Parent Carer Guide:
<https://www.westsussex.gov.uk/media/12312/parent-carer-guide.pdf>

Advice for children:

There are videos and other types of social media posts that can mention dares, challenges or nominations and these might make you feel upset or uncomfortable. If someone ever asks or nominates you, speak to a trusted adult or seek advice from the following:

Childline 0800 1111

<https://www.childline.org.uk/>

<https://www.thinkuknow.co.uk/> (this has different sections for different age groups)

Parents may be interested in attending a free session to support their own digital safety skills. WSCC & NatWest Community Bankers will be hosting a Digital Safety session at Crawley Library on the 4th April 2019. The awareness session will cover how to stay safe and secure when using digital devices, including doing shopping and banking online. The talk starts at 10am followed by a drop in session from 11.45 - 2pm where you can call in for 1:1 help.

To register to attend this FREE event visit <https://rbs-bookings.qudini.com/bookingwidget/events/OUHCT8SBZRX/event/XMV2HAX63YN#/event/11719>

Thank you for your support

Miss Blackie