

eSafety Tips

Keeping your family safe online 2025



E-SAFETY BASICS

At Swans School, we understand how important it is for our children to navigate the digital world safely. While the internet offers valuable opportunities for learning and entertainment, it also brings risks that require careful attention. Here are some practical tips to help you protect your child online, while ensuring their digital experiences are safe and enjoyable.

1. Understand What Your Child is Doing Online

- Children aged 3-11 often use apps, games, and websites designed for their age group. However, even these platforms can expose them to inappropriate content or interactions. To help:
- Be involved in your child's online activities—ask them what they're playing or watching.
- Use child-friendly platforms that are specifically designed to keep young users safe.
- Enable parental controls on devices and apps to manage what your child can access.

2. Set Up Parental Controls

We recommend using parental controls to help create a safer online environment. These controls allow you to:

- Block inappropriate content and websites.
- Limit screen time to ensure your child spends a healthy amount of time online.
- Monitor online activities, such as which apps or websites your child uses.
- Here's how to set up controls on common devices:
- Apple devices: Use the "Screen Time" feature to manage apps and block adult content.
- Android devices: Google's "Family Link" app helps you set limits and monitor activity.
- YouTube: Use YouTube Kids to ensure videos are appropriate for younger viewers.

3. Teach Your Child About Online Safety

Helping your child understand the basics of online safety is key. At Swans School, we encourage parents to teach their children:

- Never to share personal information like their name, address, or school with anyone online.
- Not to engage with strangers online, whether in games, apps, or social media.
- To report anything uncomfortable or scary they come across online to a trusted adult immediately.

4. Balance Screen Time with Offline Activities

- While technology is a great tool for learning and entertainment, it's essential to ensure that children are not spending too much time online. Encourage a healthy balance with these tips:
- Set clear limits on how long your child can spend on devices, especially on school days.
- Create tech-free zones in your home, such as during family meals or in bedrooms.
- Model healthy screen habits by showing your child how to enjoy technology in moderation.



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5. Manage Privacy Settings

Keeping your child's personal information safe is vital. Make sure to:

- Turn off location services in apps and games to prevent tracking.
- Set their social media and gaming accounts to private to limit who can contact them.
- Be cautious about sharing photos or information about your child online.

6. Foster Open Communication

- At Swans Primary School, we believe open communication is key to keeping children safe online. Make sure your child feels comfortable coming to you with questions or concerns:
- Encourage them to talk to you if they see something that makes them uncomfortable online.
- Stay calm and supportive when they bring up online issues, so they feel safe confiding in you.
- Keep the conversation ongoing, as your child's online habits will change as they grow.



Useful Resources for Swans Parents:

Here are some resources that can help you stay informed about online safety:

- **Common Sense Media:** Provides reviews and advice on apps, games, and content for kids.
- **Internet Matters:** Offers tips and tools for setting up parental controls and safe browsing.
- **Swans Primary School eSafety Team:** Arrange an appointment via the school office with Mr Salvador or Mr Richard to receive personalised support in monitoring your child's device.