Safer Internet Day Online Safety News

As part of our Safer Internet Day, we asked children to complete anonymous questionnaires in order to better understand the internet use of our school community.

This data has been very interesting. We have included a summary of it below:

In Key Stage 1,

The majority of children said that they have a device of their own, whilst a high proportion use devices in their rooms alone.

Around 20% of Key Stage 1 children said they view, or have viewed, videos on TikTok.

In Key Stage 2,

Many children could explain what to do if they saw or received something worrying online. The majority said that they had time limits on weekdays.

However, the majority of children said their device was not checked by their parents or carers. A fifth of children said they had lied about their date of birth online at some point in the past.

Almost half of children said they had no time limits set for their time online at weekends.

Guidance from various agencies regarding children staying safe online highlights the importance of the following:

- **Never allowing your child to use their device completely unsupervised, particularly when in their room.**
- **Regularly checking your child's device.**
- **Setting appropriate time limits each day.**
- **Being quick to block contacts who send unpleasant or upsetting content.**

We have included some information overleaf, which we hope you will find useful. This includes guidance on screen time, managing your child's device, and the appropriate age to be using social networks.

We have also included some online safety advice for our Early Years parents.

We appreciate your continuing support in keeping our community safe online.

At what age can my child start using social networks?

Internet Matters have produced this fantastic resource highlighting the minimum age limits for a variety of social media platforms as well as outlining the risks of being underage on social media. You can find out more here:

https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking

Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location (using their device).

You will need to download an app and then decide appropriate settings.

https://families.google.com/familylink

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

https://www.apple.com/uk/family-sharing/

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

Norton Family: https://uk.norton.com/products/norton-family

Qustodio: https://www.qustodio.com/en/

Family Time: https://familytime.io/

Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:
https://www.internetmatters.org/issues/screen-time/protect-your-child

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:
https://www.internetmatters.org/issues/screen-time/deal-with-it/

This final link provides a guide on how to balance screen time:
https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/

Online Safety advice for Early Years

Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those with children in Early Years.

Episode one highlights how to create positive habits from the beginning and then provides links to additional resources.

https://www.internetmatters.org/advice/0-5/online-safety-video-guides-early-years/