



Online safety at home:

Parents' and carers' newsletter from CJS

Issue 1

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This is the first of a six part series newsletters from CJS about keeping our children safe online and about encouraging them all to treat others with care and respect. Sadly, we have witnessed a rise in online bullying and pupils being unsafe online at home. We want to help!

When the majority of children were learning from home, they spent far more time online doing their school work, playing games or watching videos. For many, this has now become the 'norm' so, at CJS, we'd like to help our children to be the safest, most caring users of online technology.

Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However, it's important we all consider how we can support children's online safety during post-lockdown, and in the event of further lockdowns. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Watching videos

Children love to watch videos and YouTube is always a firm favourite! But sometimes children can be exposed to videos that are not meant for them. [YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, primary-age children should be supervised at all times when online.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.