



# Online safety at home:

parents and carers newsletter from CJS  
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This is the third of a six part series of newsletters from CJS about keeping our children safe online and about encouraging them all to treat others with care and respect.

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:

## Watching videos

From animals doing funny things, to slime-making and game-tutorials, the internet has lots of fun videos for children to enjoy. But the amount and availability of content online means that children may see something inappropriate.

The internet is a public and open space where anyone can post and share content. This can be fun and entertaining for children, but it does mean your child may see something that is intended for adults.

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](#).

To understand what type of content might not be suitable and advice on how to help your child watch safely, watch this short [video guide](#).

Find out what to do if [you're worried your child might see something inappropriate online](#) or what to do [if they already have](#).

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

## Children and the results of online bullying and hate

Unfortunately, because they are using age-restricted social media without the social sophistication to do so safely, children are increasingly posting more hurtful messages and posts about other children online.

In England and Wales, children between the ages of 10 and 17 can be arrested and taken to court if they commit a crime.

The impact of cyber-bullying on our children can be extremely damaging, especially to mental health.

Hate crimes and other online 'cyber-bullying' can fall foul of the law.

If children have phones and constant access to inappropriate social media, there is no escape for those who are suffering.

In some cases, these posts can be defined, in British law, as **hate crimes** and are dealt with by the police.

This is why children should not be using age-restricted social media and **must** treat others kindly online.

See here for a [report on the impact of online hate speech on young people](#)