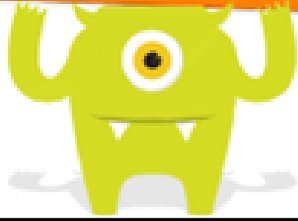


INTERNET SAFETY FOR FAMILIES



South West Herts Partnership

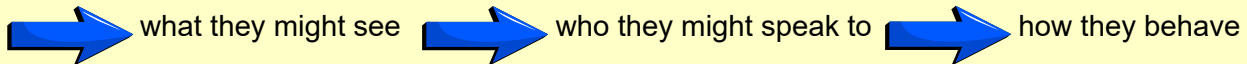
Tips & Advice:

E- Safety & Screen Time

INTRODUCTION

It's a virtual minefield! How can we keep our children safe online?

What are the potential risks for children online? Consider these things when you talk to your child;



TOP TIPS/TOOLS

- Make sure devices are switched off at night, charged away from bedrooms and turned off at least half an hour before bedtime.
- Have a regular family digital detox and find non-technological activities to enjoy.
- Put in place screentime agreement/contract. Work out some rules together and respect the rules yourself.
- Talking regularly with your child can help keep them safe online. Making it part of daily conversation, like you would about their day at school, will help your child feel relaxed.
- Parental controls: there are apps you can download to help manage and monitor screentime (Family ILik, Microsoft Family Safety, Apple Screentime).

IMPORTANT FACTS

Younger children may need more support and guidance. Be aware extra support maybe needed at certain ages such as 10-13, peer pressure, social media and outside influences may start to play a part.

Parental supervision is important - Quality screen time is possible, but we need to take a look at what our children are doing with the devices.

Stay alert and monitor devices for signs of inappropriate use of the digital world.

Be aware of the positives and negative side of technology

Positives	Vs	Negatives
<ul style="list-style-type: none">• Enhances Learning• Fosters problem solving skills• Improves hand eye co-ordination• Prepares children for future technology• Social engagement		<ul style="list-style-type: none">• Sedentary Life style• Safety risks• Rduces imagination• Family arguments• Obesity• Loss of social skills• Aggression• Aches / Pains• Sleep deprivation

And remember, model the behaviour you want from your child (i.e.no phones in bedrooms, at mealtimes, screen free time). Screens can be addictive for us all!

SIGNPOSTING LINKS

- www.nspcc.org.uk/keeping-children-safe/online-safety
- www.ceopeducation.co.uk/parents/
- www.childnet.com
- www.saferinternet.org.uk
- www.smartphonefreechildhood.org



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



[swhp_familysupportservice](https://www.instagram.com/swhp_familysupportservice)

