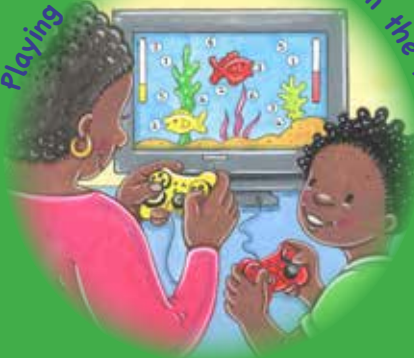


Playing age-appropriate games on the internet



Dealing with upsetting content



Helping your child to 'Stay Safe' Online

Parents often ask us for advice about helping to keep their child safe online. To help, we have written this guide for you and your child. Children are using electronic devices more and more. Following these steps will help you make sure that they are doing so safely and are aware of the potential risks.

Strangers on the internet



Salisbury Primary School



Please read this leaflet through with your child and talk about the issues it raises. Please let us know if you have any questions or concerns and we will help.

Playing age-appropriate games on the internet



Playing games on the internet/games console is a fun and sociable way to spend time. This is great, but games involving violence can be very disturbing for children and can cause anxiety, even nightmares. So it is important to adhere to age restrictions on games. Make sure you and your family agree what games can be played and that children understand why some games are allowed and others aren't.

Rhys is having fun playing a game online with his mum. His mum knows it has no upsetting content and is an appropriate game for Rhys to play.

Dealing with upsetting content

Despite all the safeguards you put in place, your child may come across something which is frightening or upsetting online. If this happens, tell them to shut the device down or walk away and speak to you or another grown-up straightaway. Reassure them that they will not be told off if this happens to them.

Jamie has clicked on a link that has led him to something upsetting. As they use devices in a busy area in his house, he can tell his dad straightaway. He tells Jamie to close the screen and has a chat to him about what he has seen and makes him feel less worried about it.



Find out what your child is doing on the internet

Parents need to keep an eye on what their child is doing online. You can make this easier by having their devices in a busy part of the house so you can see what they are looking at. Make sure that devices have parental controls on them so you give access to age-appropriate content only. It is also a good idea to check the 'search history' on their devices so you can see what pages they have visited.

Khadija is showing her mum the homework she is doing on the laptop. Khadija always tells her mum what she is doing on the laptop as she knows how important it is that her mum knows.



Strangers on the internet

Talk to your child about people that they meet on the internet. Tell your child to treat people on the internet the same way that they would treat strangers in real life. They may not be who they say they are. Even if your child regularly plays online games with them, they are not a real friend. So your child should not give out any personal information such as their address and phone numbers and they should not meet them unless it is under your supervision.

Khadija is playing an online game with some school friends. They have a friend who also plays online but they know that he is not the same as a real-life friend and do not chat to him.



The dangers of too much screen time for children

It is important to regulate the amount of time children spend online each day. You need to make sure your child has time for other valuable activities such as family time and physical activities. If children aren't encouraged to develop other interests, they can get anxious and irritable when access to the internet is denied or interrupted.

Jamie's dad has agreed set times for Jamie to be on the internet and they are now having fun and getting fresh air and exercise on their bikes. Most importantly, Jamie is no longer anxious about being away from his internet device.



Bullying on social networks

Unfortunately, sometimes children can be unkind to each other on social networks. It is very upsetting as so many people can see it. Talk to your child about this and encourage them to tell you, a teacher or another grown-up they trust if anyone is putting mean and unkind things about them on the internet.

Someone has said something unkind about Rhys on a social network site. He is very upset and he has told his family straightaway. His mum knows what to do and she has promised Rhys that she will sort it out and it will be OK. Rhys now feels a lot happier.



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