



E-Safety

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**What concerns us
about
e-safety?**

online

For very young children, playing a fun game is like scratching an itch – it becomes very addictive!

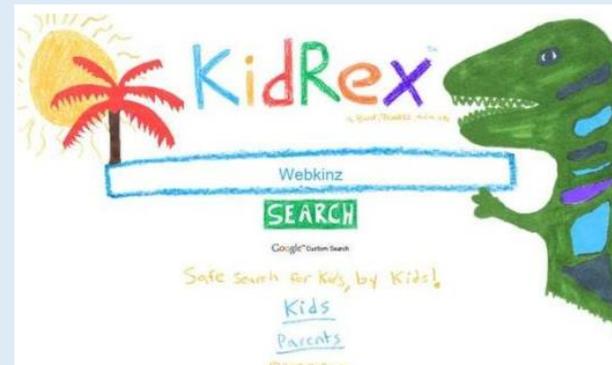


- Set screen-time limits for their devices to create a balance between online and offline activities.
- Explain why you're putting time-limits in place e.g. healthy mind, social skills, family time.

What can I do to keep my child safe online?

You may want to set parental and privacy settings on apps, websites and devices - these can be adjusted over time.

- Set up a child-friendly search engine as the homepage and a family login for sites such as YouTube.





Agree to boundaries

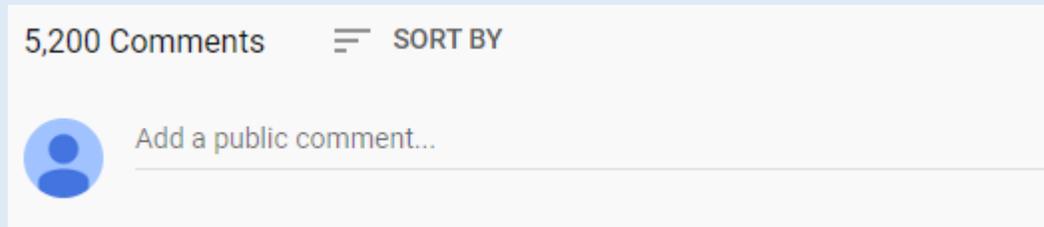
Get involved and show an interest in what they're doing online

- Play games with your child and find fun ways to interact to ensure they're using their time online in a productive way.
- Getting involved at an early age will make it easier to engage with them as they develop their online identity.

Be a good digital citizen

Talk to them about the importance of being a good digital citizen as soon as you can!

- Talk to your child about what they value in a real friendship – this should be their standard when online
- Discuss kindness and how important it is to be kind online



- Talk to them about the steps they can take if something goes wrong or they feel someone has been treated unfairly

So what happens when things go wrong?

Try and understand what they've seen or come across whether it's a comment on a video or a game

- Find out how they came across it and discuss how it made them feel.
- Don't overreact, show your support and talk it through.
- Depending on the situation – you may want to seek advice from specialist organisations or your GP.



Thank you!