



E-safety for Parents

December 2015

Helping you to keep your child safe online

Dear Parents,

We are nearly at the end of term and I hope you are looking forward to your Christmas break. Your children will have more time to spend online, so to help you, I am delighted to share some tips to keep them safe. If you are buying new technology, set the parental controls up before you give the new device to your child. If you are unsure of how to do this go to your search engine and type the name of your child's device/games console (eg "PlayStation", "Nintendo", "Wii" or "Xbox") + "parental controls".

Showing interest in what your child is doing online is the best way to support them, making a long list of rules may encourage them to take risks. If they ask for help, don't answer with "I know nothing about technology". This could be a barrier for children and they may not come to you for help if they are worried about something. Look at what they are doing to try to help, if you are unable to help phone a friend, or look for a solution through your search engine.

It is a good idea to encourage your children to use technology in moderation, balancing on line activities with real-world activities.

Turn devices off at least one hour before they go to sleep, there is something called the 'blue light' effect. This blue light is the frequency of light that comes from LED devices and in very basic terms fools the brain into thinking it is day time, research has shown that this can result in a significant reduction in the production of the sleep hormone, melatonin. This reduction means that children (and ourselves) may find it difficult to fall off to sleep or may have a restless sleep, resulting in tiredness the following day.

It is very important that your child uses the net in a positive and creative way and 'thinks before they post online', encourage them to think of someone important in their life, (Gran, Uncle, Auntie) and always think of that person before they click. This will help to them to be in control of their digital footprint (online reputation).

Talk to your children about what they do online in the same way that you would ask them about their day at school.

I hope you find this information helpful.

Mrs S Ramsay
Head Teacher

Useful links



<http://parentinfo.org/>

[Parental Control Links Childnet](http://www.childnet.com/parents-and-carers/hot-topics/parental-controls)

<http://www.childnet.com/parents-and-carers/hot-topics/parental-controls>



[UK Safer Internet Centre](http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls)

<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>



[Microsoft](http://windows.microsoft.com/en-gb/windows/set-parental-controls#1TC=windows-7)

<http://windows.microsoft.com/en-gb/windows/set-parental-controls#1TC=windows-7>

[Think U Know](https://www.thinkuknow.co.uk/parents/Primary/Tools/Parental-controls/)

<https://www.thinkuknow.co.uk/parents/Primary/Tools/Parental-controls/>



[CEOP \(Child Exploitation on line Protection Agency\)](http://www.ceop.police.uk/safety-centre/)

<http://www.ceop.police.uk/safety-centre/>