

Berrybrook's Parent E-safety Newsletter



DEAR PARENTS AND CARERS,

In this first E-safety newsletter of the new academic year, I have identified some of the latest safety information and guidance about the use of the Internet and apps your child may be using.

Also, I have included a few tips on how to support your child when they are using the internet at home.

If you have any concerns or would like any more information about E-safety, please do not hesitate to contact us.

DO YOU KNOW WHAT YOUR CHILD IS DOING ONLINE?

It can be hard to keep track of what your child is doing on social networks, apps and games or know how to keep them safe.

That's why 'Think U Know' provide parents with information and guidance about the internet and to help you teach your children to be aware online.

<https://www.thinkuknow.co.uk/parents/>

HOW TO SUPPORT YOUR CHILD ONLINE AT HOME

1. Use the opportunity to chat with your child

The most important thing you can do is to chat little and often with your child about how they are using online technology and what it means to them. Ask them what they are doing online, and what they like and dislike about the apps and services they use. It is a good idea to discuss some 'ground rules' like how much time they spend online doing different things and what games and apps are appropriate to use.

2. Remind children to report anything worrying, and how they can do this

It's important that children know where to go if they come across something that worries them or makes them feel uncomfortable online. To help, you could: Help them to identify a trusted adult that they can approach, even if this means on the phone. Encourage them to speak to you or another adult immediately if they have any worries or concerns. Remind them that they can always call Childline if they have any worries, big or small – whether it's something that has happened online, stress, arguments with siblings or anxiety about what is happening in the world. The best thing you can do is make sure your child knows they can talk to you if they are ever worried - make sure they know that they would not be blamed for anything that might happen online.

3. Set up or review your parental controls

Setting parental controls can be a quick and effective tool to help protect younger children online, and should be installed on all devices that children use. This will allow you stay in control of what your children are accessing online.

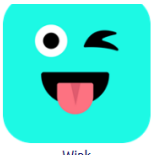
Talk to someone about online safety

If you have a question or need support and advice about keeping your children safe online, experts from the free O2 & NSPCC helpline are here to help.



APPS TO BE AWARE OF...

Wink



Wink is an app for making online friends with people you don't know. You can find, add and chat to people on the app, as well as sending requests to become Snapchat friends. If you sign up as an under 18 it restricts who you can connect with to people who say they are 13-18 years olds.



Omegle



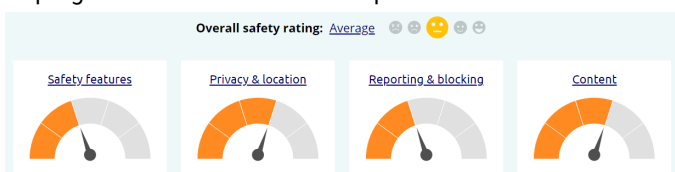
Omegle is a free online chat site that lets you speak to other users without registering. You can choose to talk via text chat or video call. The service randomly pairs users in one-on-one chat sessions where they chat anonymously using the names "You" and "Stranger" meaning you have no control over who you can talk to.



Among Us



Among Us is a game set on a spaceship played with 4-10 other players. Players can choose to join a game with people they don't know or create their own private game with friends. The game randomly selects one of the players to be an 'imposter' who the other players must defeat to win the game. You can play it on mobile and desktop.



For more information and more apps to be aware of please take a look on the website details below:
<https://www.net-aware.org.uk/networks/>

INTERNET SAFETY ADVICE:

Protecting Personal Data



The National Online Safety team has created a useful guide to help parents and carers understand exactly what they can do to help protect their children's personal data online.

Download your guide:

[National Online Safety | Protecting Personal Data](#)

The guidance is FREE to download, but you will need to register on the site.



TikTok

Childnet have produced an updated guide to using TikTok and the parental controls available.

<https://www.childnet.com/blog/tiktokan-updated-guide-for-parents-and-carers>

If it's unacceptable offline then it's unacceptable online.

It's important to talk to your child about how they behave online, if they choose to use technology to call somebody names or spread hurtful rumours then they are involved in online bullying.

Talk to your child, ask them how they would feel if the same was said or done to them? What are your children saying online? It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your children about how they are speaking to others online.

Childnet have some great advice in response to two key questions your child might ask: What makes a good friend online? <https://www.childnet.com/young-people/primary/get-answers/what-makes-a-good-online-friend>
 What should I do if someone online is mean to me? <https://www.childnet.com/young-people/primary/get-answers/what-should-i-do-if-someone-online-is-meanto-me/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>