

Staying Safe Behind the Screen

Have you ever wondered how safe your child is online? Or, imagine logging in to find somebody has hacked into your account? well if so, did you know that around 19.1% of children in England and Wales have reported being cyberbullied. It is easy to assume your children are safe in their bedroom on a device, but sometimes they might feel scared or worried about something they have seen online.

Gaming Safely Online

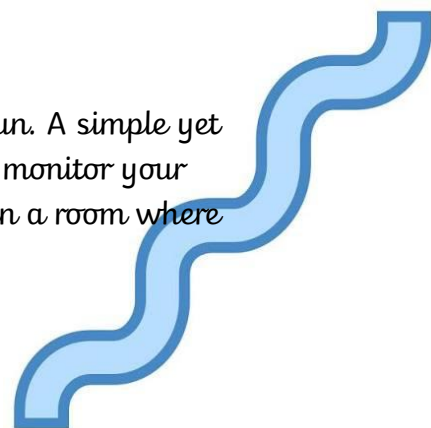
When on online games (such as roblox or fortnite) make sure the game you're on is suitable for your age. Don't share your passwords (a secret code you shouldn't share with anyone except for your parents or carers) nor should you share personal information with strangers online. If you see anything distressing or inappropriate on a game online make sure to tell a trusted adult (your parents or carer) and report it to the game company.

Cyberbullying

Cyberbullying is becoming an increasingly common problem these days so we need to work together to help stop it. picture this : you're playing a game on roblox, you've faked your age so you are on a 13+ game and somebody you don't know in real life has emailed you that you have been chatting to on the game you were playing. You were thinking, how has he/she emailed me without knowing my email address? Straight away you told your parents and they told you they might have hacked on your device. So later you deleted the emails. After that you changed your account to your real age and played suitable games. If you are being cyberbullied make sure to tell a trusted adult or in more serious cases, childline (a website for children 5-11) their telephone number is 0800 1111, you don't even have to tell them your name

Parents this bit's for you

It's hard to keep your child safe online while still letting them have fun. A simple yet effective choice for screen time is to have a routine and stick to it. To monitor your child's use of screens is to ask them when they are on screens to go in a room where you can see them so they can't go on unsuitable things.



For peace of mind put on parental controls that restrict what games they are on by age and be sure to check out what else you can do too on settings.

Here are some useful links to websites on internet safety:

saferinternet.org.uk

ceopeducation.co.uk

getsafeonline.org

learning.nspcc.org.uk/research-resources/online-safety-resources

childnet.com

parentsafe.lgfl.net



I hope you enjoyed reading this blog and found this advice helpful, just remember to be safe, smart and secure!

