



Cledford Primary School & Gainsborough Primary & Nursery School

A Federation of Cheshire East Primary Schools

One Minute Guide for parents

Internet Safety

Smartphone Rules to Implement with Your Child

#1

Always ask a parent before downloading a new app.*

#2

Do not give your phone number to strangers or post it online.

#3

Tell a parent if you receive something that makes you feel uncomfortable.

#4

Do not answer a call or text message from an unrecognizable number.

#5

Think about the messages you send. If you wouldn't say it in person, don't send it.

#6

For teens who have licenses, don't text and drive.**

#7

Follow any rules that your school sets for smartphone use in class or during school hours.

* Not all apps are safe, and many exploit kids with in-app purchases that get expensive really quickly.

** This is a major cause of road accidents.

Talk to your child about cyberbullying



Ask gentle questions to determine the situation.

Work with teachers, mentors, and guidance counselors to get support for your child.

Encourage your children to share with you if their friends or peers are bullied.

Educate your child about the repercussions about cyber-bullying.

Clarify that even liking or sharing hurtful content is unacceptable.

Encourage your child to reach out to others who are bullied and lend support.

What should you do if your child is bullied?



Document the bullying.

Take screenshots of abusive messages or behavior. This will help you report the bullying to the relevant authorities.



Talk to the teachers in school.

Make sure they are aware of the situation.



Report it to his or her school.

You can also report it to the social media or gaming platform where its hosted. If your child receives threats, don't hesitate to contact the police.

Talk to other parents and encourage them to speak to their children.



What you can do to

monitor and encourage safe play



Encourage your children to discuss the kinds of games they play. With parental controls, you can require your children to call you to put in a password if they want to access more mature content. This gives you the opportunity for a positive discussion around the game before your child plays it.



Make sure your child's profile is set to private. Encourage them not to use their full name or photo for their gaming profile, and, as with all other online platforms, not to share their personal information with other players. Teach your child to block players who send threatening or bullying messages.



Consider keeping the gaming console in a shared social space, rather than in your child's bedroom. This way, you can see what your children are playing, but you can also participate. Playing games with your child can be a wonderful educational and bonding experience.



Study the age ratings of the games your children want to play. Games are usually given a general age range, but the ratings also break down the kind of content found on each game, so you can decide for yourself what your child is ready for.



Use your child's game console's parental controls to set up profiles for each of your children, specifying what type of content they are able to access.



Use parental controls to limit the types of people your child can speak to online via their games. Consider limiting in-game friends to children who your child already knows.

What you can do to
monitor TV time



Limit the number of hours your child can watch per day.

The American Academy of Pediatrics recommends that kids should spend no more than one hour per day on screens.



Talk to your child about the content they watch.

Studies show that children who talk to their parents about the content they watch are more likely to talk to them about other things too.

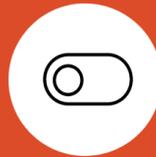


Use parental settings to lock content that is not age-appropriate.



Monitor what your child watches.

Children mimic what they see and hear. Violence, language, and sexual content should be monitored.



If your streaming service does not have parental controls, log out.



Watch TV with your kids. Make it a family event and pick something educational and fun.

Children who associate watching TV as family time are less likely to watch TV on their own out of boredom.

Safe rules for Social Media

1 Discuss the pressure to share

Kids constantly feel pressure to share pictures and other details about their lives. Have a positive conversation about the value of privacy to help relieve them of that pressure.

2 Understand the permanence of social media

Remind your kids that there's no such thing as deleting something on social media. Knowing that whatever they share is permanent (even if they take it down) will encourage them to think about what they post.

3 Educate them about online strangers

Predators use the internet to track and contact children. It's important your child knows who he or she contacts or accepts friend requests from.

How to enforce a safe environment



Don't let your kids on social media until they reach the required age.



Keep the computer in a public, accessible location where you can see your child's activity



Limit the amount of time your kids can be on social media or online.



Block location access to all social media apps



Adjust the privacy settings to make your child's account as private as possible.



Monitor your child's activity online. Make sure the content they post is harmless with no identifiable features.
