Walsden St Peter's

A warm welcome to the 3rd edition of the Walsden St Peter's, parent led, e-safety bulletin. We all know that children at Walsden St Peter's are taught to use computers responsibly and to adopt good e-safety habits— so why publish a parent bulletin?

If you're anything like us, your kids absolutely love going online, watching video clips and playing games but you can't help thinking that there are risks lurking in cyberspace that schools can't deal with alone. Ofcom's latest Media use and attitudes report indicates that the amount of time even very young children are spending online is increasing and stories in the press regularly remind us of the danger of online grooming and exploitation.

We don't pretend to be experts—but we're trying to learn more about e-safety before our kids make the move to High School. We use the bulletin to share our top picks from the latest e-safety publications. We hope that you find it helpful.

Digital Parenting magazine is packed with useful tips and information.

Issue 6 is now available for schools to order and you can read past copies here

What are parental controls and how can they help children stay safe online?
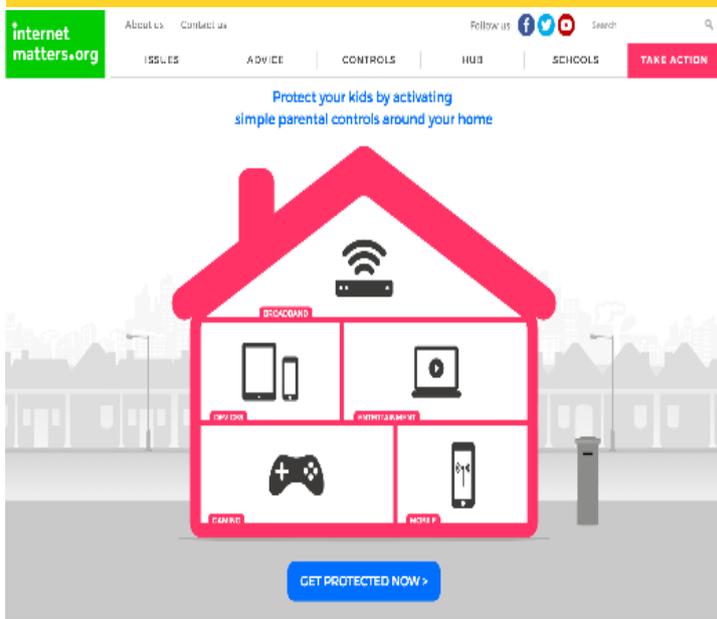
Filters and parental controls may not be the complete answer to keeping children safe online, but they are the first line of defence.

Internet Matters have created a simple, interactive guide to parental controls including how-to guides to setting up the controls on the major networks, devices, services and entertainment providers in your home, including some of the most popular:
iPhone
Android
YouTube & Netflix

Digital resilience

a parent's guide from CEOP and Parent Zone

Parent filters are an important tool but research conducted by Parent Zone found that children who were given freedom to use the internet on their own, backed up by supportive parenting, were less likely to come to harm online and more likely to enjoy constructive online experiences – like learning a new skill – than those whose internet use was strictly filtered and monitored.

6 ways to promote digital resilience at home

1. Set fair and consistent rules in relation to your child's internet use at home.

2. Teach your child to think critically about what they read, see or hear online.

3. Help your child to understand that and to pause and think about the impact of things that are posted online.

4. Maintain a positive outlook on your child's use of the internet.

5. Make it easy for your child to talk to you about online mistakes. Children who can recover from an online mishap can learn and avoid making the same mistake again.

6. Allow your child to explore and take charge of their online life. Having some control over any given situation is an important part of developing their own sense of what's right and wrong online.

WHAT IS DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! Understand when they are at risk online

Know what to do to seek help

Learn from experience

Recover when things go wrong

This involves:
• Recognising potentially risky scenarios.
• Understanding how to deal with them.
• Using these experiences to adapt what they do online in the future.

parentzone
MAKING THE INTERNET WORK FOR FAMILIES
www.ParentZone.org.uk

Read more here

SMART Rules Quiz

This [Childnet](#) quiz is aimed at primary children and offers a great way of finding out just how much they know.

S, which stands for SAFE reminds young people to keep all personal information to themselves

M reminds children to never agree to meet up with someone their talking to online in the offline world.

A is for Accepting and it challenges young people to think before they accept files and friend requests from strangers.

R for reliable emphasises to children that not everything online is true

T for tell focusses on telling an adult if anything upsets them online

Start Quiz

Net Aware

The 2017 Net Aware report: 'Freedom to express myself safely' has been released.
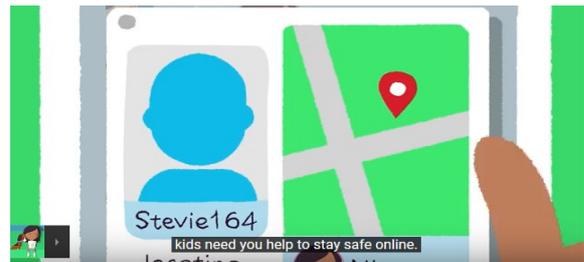
Hear directly from young people about [their experiences](#) on the most popular sites, apps and games.

Have you seen these e-safety videos ? They can be a great way of opening up a family conversation about keeping safe online. Just click on the titles below.

[Lucy and the boy](#)

[Be Share Aware—Online safety advice from a 10 year old](#)

[Play Like Share—Episode 1](#)

[Horrible Histories- Guy Fawkes - Internet privacy settings](#)

Mobile phones

I was absolutely adamant that my son wouldn't have a mobile phone until he reached secondary school. No way was that happening! Until the day that my mum announced she'd taken him shopping and bought a smartphone for his 10th birthday! Thanks Mum!

Smartphones undoubtedly bring benefits. With the devices, children gain access to powerful apps, including education tools for studying, chat apps for connecting with friends and the wealth of information on the web.

But at what age should a child be allowed to own a smartphone?

How to Protect Your Children on Their Smartphone

The smartphone, after all, is the key to unfettered access to the internet and the many benefits and dangers that come with it. Right or wrong, there is currently no legal guideline for a parent to determine when a child may be ready for a smartphone…it's a matter of personal judgement.

The topic is being increasingly debated as children get smartphones at an ever younger age. Many children are getting their first smartphones around age 10. According to Ofcom 32% of 8 to 11 year olds now have their own smartphone.

Did you know: as a default, many cameras, phones & apps tag posts & photos with 'meta-data' which can include location details & other identifying information

There are some phone settings that can help keep children safe when they do get smartphones.

For iPhones, Apple offers a switchboard full of features that parents can enable or disable, including the ability to restrict the Safari browser from gaining access to adult content and the ability to prevent apps from using cellular data. The iPhone's parental controls live inside the Settings app in a menu labelled Restrictions.

Android phones lack similar built-in parental control settings, though there are many apps in the Google Play app store that let parents

- **Does your primary school child need a mobile phone?**

- **How to protect your children on their smartphone.** A useful and comprehensive guide from TigerMobiles.com

- British Telecom's **back to school safety tips** for a child's first mobile. These cover some of the risks and give advice on setting up