St. Thomas's Centre

Blackburn with Darwen L.A.

St. Thomas's Centre

TIPS TO KEEP CHILDREN SAFE ONLINE

As responsible digital parents it may be a great opportunity to set boundaries to support the safe use of devices. Below is a checklist of useful advice as a starting point:

- Have a conversation about the online world. What do they like, what games do they play, and which social media sites do they engage with, who are their online friends. What worries them and ask them if they know what to do if something goes wrong. Be open, and let them know they can talk to you if they are worried. Discuss acceptable online behaviour, how to be respectful, just as they would be face to face. Have a conversation about posting images, live streaming and what is acceptable, respectful, and responsible online behaviour.

- Consider parental controls. You can set controls on smartphones, gaming consoles and can filter YouTube and Google etc. To find out more about controls visit the websites below.

- Set privacy settings on social media. Set privacy settings on social media accounts. For help on how to set any of the aforementioned parental controls or privacy settings, please visit the school website or websites suggested below.

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- Agree boundaries. Agree how much the devices can be used, when can they go online and how long for. Set boundaries for the use of gaming consoles which can also connect to the Internet. Remember, just as you set boundaries for your child's real-world social life such as time to come home, time they can spend with their friends etc it is also wise to monitor and set boundaries for the virtual world they socialise in.

- Don't be put off by technology. Just consider what you would do if technology wasn't involved.

- Check age ratings on games. Allow your child to play age appropriate games.

- Remember the positives. Whilst the virtual world may have potential risks it can be a huge enjoyment for young people when used appropriately and responsibly. By educating ourselves and making young people aware of risks, what to do if they are worried and by keeping an open dialogue with your child the virtual world can offer immense benefits and opportunities. Please visit the school website on www.stthomasscentre.com and click on Parent Zone to find out more information and help with online safety.

https://www.internetmatters.org/parental-controls/

https://www.thinkuknow.co.uk/