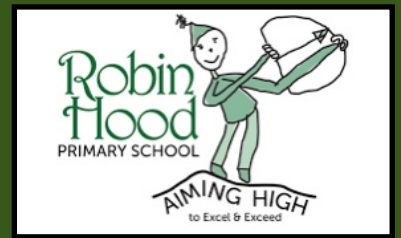


Gotta' Be Safe Online

Half-termly newsletter: Summer 1 (2020)

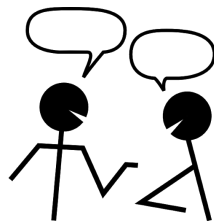


Hello and welcome to our first ever newsletter dedicated to keeping our children of all ages safe online. At Robin Hood, we recognise the dangers and worries of being online and it is our priority to help keep parents and children in the loop as we know the world of technology is ever-changing and always growing.

Whilst we find ourselves in lockdown, your children will undoubtedly be on their mobile phones, tablets, computers and games consoles even more, so we want to reach out this half term and offer some help and advice.

3 Top Tips to discuss with your child...

Encourage your child to be open and honest about what they are doing online so that they know that they can talk to you if they see anything that upsets them. Having open conversations with children are all ages makes the online world seem less daunting.



Monitoring as much as you possibly can whilst your child is online will help them to feel safe. Some apps have hidden dangers so having you close by is important so that your child can come to you quickly.



It is important to be kind in the online world but if your children come across anything that isn't kind, our advice is that your child talks to an adult straight away, do not close or delete the page or message, otherwise it cannot be blocked or reported.

APPS TO BE AWARE OF THIS HALF TERM



HOUSEPARTY

A live video streaming app that allows users to play games together. There is an age-restriction of 13 due to privacy settings and the potential for coming across unknown users.



ZOOM

A video conferencing app that allows people to keep in touch. Many companies are using this during lockdown to host conferences with audio and video links. It is advised to check the security settings.



TIK TOK

A new craze for young people to post videos but has an age restriction of 12+ to protect children from accessing inappropriate content. Privacy settings can help make this app safer.



YOUTUBE

YouTube is the most popular app at Robin Hood, but be careful of 'suggested videos'. It is common for children to click on these repeatedly and if not careful, they can lead to unexpected content.

How can I reduce the amount of screen time?

- Screen time has become part of everyone's daily lives and there are many positives in using these devices, but we know that screen time is one of the biggest concerns for your child online and during lockdown, it's likely that your child spends even more time onto their electronics devices. Firstly, it is important to know that this is not necessarily an 'addiction' as that suggests your child does not sleep, eat, drink, wash and complete daily tasks without needing their screen close by.
- There are lots of things that you can do to encourage your child to take time away from your screen, these are just a few pointers that research and professionals claim to be most effective;
- Limit the time your child spends on their screen by having strict sessions or a timetable in place.
- Do not allow mobile phones/tablets at the dinner table or at bedtime; children need routines where screens are not permitted.
- Set the example as the parents and reduce the amount of time you spend on your phone and this is known to have an effect on the people around you.
- Encourage your child to engage in other activities that they enjoy; baking, sporting activities, being creative.



Noticeboard

Check out our school website, where we have a brand new section dedicated to keeping your children safe online. You can find this in the "Parents and Community" section.



Follow our school [Twitter](#) account for regular updates and activities - @robhoodschool



Quiz Time!

1. What is the age restriction for WhatsApp?
2. From the Be Internet Legends scheme of work, who is this pictured above?
3. What should you do first if something upsets you online - report it or tell an adult?

Support Zone

- Free advice posters available at <https://nationalonlinesafety.com>
- Chance to explore Interland at https://beinternetawesome.withgoogle.com/en_us/
- Expert advice for parents at <https://parentzone.org.uk/home>

