Online Safety Newsletter

December 2018

"Technology is not the problem. It is how we use it!

Merry Christmas and Happy New Year

Last newsletter of 2018 folks and as always lots going on in safeguarding and online safety. We are focussing a lot of our online safety work around digital resilience. This has been mentioned in newsletters previously but the gap between primary and secondary schools is getting greater and I am getting asked a lot by parents for advice around this difficult area.

Resilience is not about toughening young people up, it's the ability to problem solve and work things out on their own. Over protecting children, fuels anxieties. Allowing young people early on in life to explore the internet with boundaries is so important. And we must keep advising parents how important this is. Moving forward we need to remind parents and ourselves, **if I child is behaving dangerous online we get curious not mad. We don't block and we don't remove devices, we ask lots of 'how' questions for example "how did you get onto that site"?**. As young people get older naturally boundaries are going to be pushed so we need to flexible with managing risk, safeguarding young people online is all about managing risk as we can't stop bad things happening online. So how do we manage online risk:

- Download a family agreement from Childnet International it's a wonderful tool to have, get children to be at the heart of the rule setting and they also set the consequences.
- Building digital resilience and managing risk is about thinking critically and this is so important for year 5,6,7 and 8. Use trust me again from Childnet International.
- Take a break from technology, a parent mentioned to me she and her family have Wi-Fi free Wednesdays. Ask children how they felt by having a break and be mindful.
- We need to help children and young people to use the internet positively
- Connect offline like we do online and look at mindful activities, check out Action for Happiness.

PLAY · COMPETE · LEARN

PARENTS VS KIDS

O₂ ☺ NSPCC

Play the Parents vs Kids Alexa quiz from O2 & NSPCC

Dates for the diary-Safer Internet Day

Safer Internet Day road shows. We have teamed up with Northamptonshire Police, RISE, TARGET and School Nurses to offer schools a wonderful opportunity to get more clued up and get lots of resources in keeping young people safe online. **5th February at One Angel Square and the 7th February William Knibb Centre, from 10.30am to 3pm.** Stalls, workshops and advice, look out for the Eventbite link coming out very soon to book onto either day, all very informal so pop along!

Some great resources to pass onto parents. If anyone has an Amazon Alexa ask it to play "parents VS kids" its an online safety quiz you can play though the device. Internet Matters also have a great interactive app but only works on a tablet. Aimed at 8 – 12 year olds, officially its up to 11 but 12 year olds could use it. Again parents and children play the quiz together.

'Internet Matters' is our app designed to help parents talk about online safety issues with their children, and to ensure that they make smart choices to stay safe online.

- Aimed at children aged between 8-10
- Split-screen collaborative app helps them think about what they would do if they were faced with different situations online; from cyberbullying to sharing content with someone they don't know
- Quizzes and games encourage parents and children to collaborate and talk about 9 different e-safety subjects

Download the tablet-only app for free:

Available on the App Store   GET IT ON Google play

Not on your tablet? Email yourself the links.

internet matters

Learn together and stay safe online