INTERNET SAFETY

South Leicestershire School Sports Partnership Newsletter

December 22

SCREEN TIME

The internet can be a great resource when used correctly to help learn new information, play fun games and speak to our friends but it's important to keep ourselves and children safe.

It's important to understand what they're doing online. Asking them about the sites, apps and games they use regularly can be a great way to start a conversation and help you identify any risks in what your child's doing online or who they may be talking to. You can also find online safety tips and information about social networks, apps and games for parents **here!** *Ref internetmatters.org

APPS

Video and live streaming apps are becoming more popular amongst young children. It's really important to help your child understand how to use both livestream and video apps safely and make sure they're only speaking to people they know already. Online predators may use social media apps to try to speak to young children, its important your child is safe; The NSPCC have lots of advice available **here!**

NSPCC

UK Safer Internet Centre

GAMING

Some children are susceptible to gaming addiction in the same way others are susceptible to becoming dependent on alcohol. Click **here** for advice and support if you feel your child may have an addiction to gaming.

SOCIAL MEDIA SUPPORT

Social Media Pressure – More than eight in 10 (84 per cent) said they think pressure to conform to a certain look is also one of the main causes of mental ill–health among teenagers. For more information about keeping your child safe online, click **here**

ONLINE SAFETY TIPS

- Ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- Be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- Ask them if they're worried about anything, and let them know they can come to you.

- Ask them about their friends online and how they know they are who they say they are.
- Talk to your child about online safety early.
- Ensure you protect your child's personal information.
- Use parental controls to filter, restrict, monitor and report
- Ensure your child only accesses age appropriate material.
- Know who your child is speaking to online.
- Set online rules and boundaries for example the time allowed online.

Ref* UKSaferinternet.org.uk   Internetmatters.org   safewise.com

We wish you a Merry Christmas

LETS GET SOCIAL!

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