

ONLINE SAFETY NEWSLETTER - AUTUMN 1

Phones and computers are essential parts of childrens' lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devies safer for younger people.



1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

Look out for Wake up Wednesday tweets on our twitter page each week to keep up to date with the latest online safety guidance.

In schol we follow the SMART rules for online safety. Remind your children of these at home.

S	M	A	R	T
Stay SAFE!	Don't MEET up!	ACCEPTING	RELIABLE	TELL someone!
Don't give your address, phone number, social media handles, or school name to online strangers.	Don't meet someone you met online without checking with a parent or guardian first.	Don't accept friend requests or files from people you don't know.	Stop the spread of misinformation by relying on trustworthy sources, family, and friends.	If you see something, speak up! If something seems off, tell a responsible adult.

Useful Websites

www.internetmatters.org
www.saferinternet.org.uk



[HTTPS://STMGMTMRY.BHAM.SCH.UK/ESAFETY.HTM](https://stmgmtmry.bham.sch.uk/esafety.htm)