

ONLINE SAFETY NEWSLETTER

Digital Wellbeing

Childnet, part of the UK Safer Internet Centre, have published a new 'hot topic' which looks at Digital Wellbeing and gives guidance to parents about the impact that the online world can have on the lives of children and young people.



As technology plays an ever increasing role in the lives of young people, it is important that educational settings and families help them to understand how to use it safely, sensibly and with an awareness of how it can impact on them. Childnet have created [guidance for parents and carers](#) to help them support children and young people across different age groups. Advice for each age bracket includes information about how the age group are interacting with the internet, top tips to help support young people at this age, and ideas to help start a conversation about digital wellbeing.

Top Tips from the Digital Leaders

Online Gaming

- @ Decide whether you want chat turned on or off when playing online
- @ Turn on 'friends only' feature if using chat
- @ Don't report someone unless it's necessary (talk to an adult first).
- @ If you are worried about a chat you are having on an online game, tell your parent or a trusted adult and block the person.
- @ Limit your gaming time and do other things.
- @ If you feel yourself getting angry in a game, think before you post a message on chat.

Henry Stevan
Tom Eddie Eliot

Encouraging Digital Resilience in Your Children

Resilience in any form is such an important skill for any child to have. It ensures that children learn to manage risks and make informed decisions. So how do you support your child to become digitally resilient? Set clear boundaries for your child and let them explore within those boundaries. Keep conversations open and get involved in your child's online interests. A resilient child is more likely to stay safe online and yet still benefit from all the Internet has to offer.



Issue 6 of Vodafone's Digital Parenting Magazine can be found on the E-safety tab on the school website. This magazine is packed full of helpful advice for Parents and Carers.