E-Safety Update 11
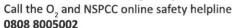
CORNWALL LEARNING

Parentzone

Worried about your child's online safety?

Help is at hand!

Do you have a question about parental controls or concerned about a social network your child uses?

O₂ and the NSPCC have set up a free helpline where you can get advice from experts on anything you are not sure about, including:

- Setting up parental controls on your computer or other devices
- Help adjusting privacy settings
- Understanding social networks
- Concerns about online gaming

O₂ ☺ NSPCC
Let's keep kids safe online

Call the O₂ and NSPCC online safety helpline
0808 8005002
Lines are open from 9am to 7pm Monday to Friday and 10am to 6pm on weekends

Or visit: http://www.o2.co.uk/help/nspcc

O₂ and NSPCC's new guide for parents. To download or read the guide visit: www.cornwalllearning.org/services/e-safety

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Young people are spending more time playing and socialising online than watching television programmes, according to an annual survey tracking children's media behaviour in the UK.

Childwise Survey identifies:

- 7-16 year olds spend 3 hours online each day
- 15-16 year olds spend 4.8 hours online each day
- 2.1 hours spent watching TV each day - down from 3 hours in 2000
- 60% watch TV via a phone, tablet or laptop
- 38% do most of their TV viewing on demand

Source: Childwise Monitor report 2016

Read more:
http://www.bbc.co.uk/news/education-35399658

Consider the following advice from Webwise for setting 'Screen Time'.

1. Agree a clear set of rules with your child on screen time in the home. Talk to your child on when you think it is appropriate and inappropriate to use screens. Agree times when screens are allowed and not allowed in the home. For example dinner time, homework time and bed time.

2. Do as you say. Modelling behaviour is THE most powerful way you can influence your child's behaviour.

3. Restrict the use of computers/devices in the bedroom. Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.

4. Buy an alarm clock for your child's bedroom and charge their phones in your room at night time. This can be a helpful way of giving them a break from the internet.

5. Try not to rely on screens too much to keep the kids amused. It can be easy to encourage kids to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example.

6. Chat to your child about what they do online and encourage them to use their screen time for learning and education.

7. Pick one evening a week where you do a family activity together, whether it's movie night, games night. Doing activities together as a family will help implement screen time guidelines and offer fun alternatives.

8. Don't have screens always on in the background. Turn off TVs and Computers when not in use, these can be distracting for kids if they are trying to participate in another activity.

9. Finally, join in, why not set some time aside to play your child's favourite computer game and discover the online world together.

http://www.webwise.ie/parents/screen-time-advice-for-parents/

Have you heard of:

Omegle is a social networking site that randomly connects you to another person who's on the site. It lets you talk to them in a one-to-one audio or video conversation. You can both appear as anonymous, unless you decide to share your personal information. Age 13+

Flickr is an online photo sharing site. You can share your own pictures and follow other people. Age 13+

Reviews from http://www.net-aware.org.uk/