For Parents:
Welcome to the Parents and Carers section of the Scomis Essential Online Safety Service Newsletter

We expect that many children will have received a 'technology device/gadget' for Christmas. As a result they may have already signed up to some form of social media via an App or will be communicating through 'multiple-player' online games.

Do you know if your child is using social media?

Do you know most social media sites have a minimum age recommendation of 13?

Do you know if your child is playing 'multiple-player' online games?

Do you if the privacy settings have been set up or even if there are privacy settings?

Have you checked their 'friends list' with your child/children?

Do you know the best online safety advice is to *talk to your child and to engage with their use of the online world*?

The following websites have produced 'conversation starters' for parents and carers and advice and guidance for use of social media:

Webwise - **Firstly, ask your child about what social networking services they use.**
https://www.webwise.ie/parents/advice/social-networking-tips/

Commonsensemedia – **Most popular questions asked by parents/carers.**
https://www.commonsensemedia.org/social-media#

InternetMatters – **Share safely on social media.**
https://www.internetmatters.org/advice/social-media/

The NSPCC's 4 Key Tips:
- Explore the online world together
- Talk to your child about staying safe online
- Manage the software and tools your family use
- Agree rules about what's ok and what's not

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

Do you know that too much or poor quality screen time has been linked to:
- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

Read the article in full at:
http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/children-and-tv/art-20047952

What is *Digital Drama*?
To adults, digital drama and cyberbullying may seem one and the same. But to kids, there's a difference. Unlike cyberbullying, which involves repeated harassment of someone, digital drama is the everyday tiffs and disputes that occur among friends or acquaintances online or via text message.

How to avoid *Digital Drama*
Help set boundaries. Understand that these days relationships often are played out both online and offline. Kids need their family's guidance in establishing appropriate boundaries for healthy relationships. (www.Commonsensemedia.org)
Take time-out. With constant access to texting and posting online, kids don't get a break from the back and forth that can keep digital drama going. Have some device-free time to give kids a chance to cool off. **Read more**:
https://www.commonsensemedia.org/social-media/how-can-i-help-my-kid-avoid-digital-drama

STOP PRESS

 Recommended Age = 16+
https://www.internetmatters.org/hub/expert-opinion/musical-ly-app-parents-need-know/

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