

Conversation starters:

1. Ask your children to tell you about the websites and apps they like to use and what they enjoy doing online.
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
4. Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
5. Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

ONLINE SAFETY CONTACTS

For further information and guidance around our Online Safety policy, please download a copy of our policy from the website or contact the school office who will be able to provide you with a copy.

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ONLINE SAFETY INFORMATION FOR PARENTS AND CARERS



ONLINE SAFETY

*Help your kids stay safe online
and work as a **TEAM** (O₂
and NSPCC):*

*Talk about staying safe
online*

*Explore their online world
together*

*Agree rules about what's ok
and what's not*

*Manage your family's settings
and controls*

For further information and guidance, please
see:

UK Safer Internet Centre
(www.saferinternet.org.uk)

Internet matters (www.internetmatters.org)

Child Exploitation and Online Protection
Centre (www.ceop.police.uk)

NSPCC (www.nspcc.org.uk)

Online spaces, games and media form a large part of life for young people growing up today. It offers a platform to connect with others and to learn.

Risks include:

- Exposure to inappropriate content
- Sharing too much personal information
- Connecting with harmful people
- Spending unhealthy amounts of time online

One of the best things to do to help young people stay safe online is to talk to them about what they do.

Do you know your age restrictions?

Facebook – 13 years old

Twitter – 13 years old

Instagram – 13 years old

Snap Chat – 13 years old

You Tube – 13 years old

What's App – 13 years old

ROBLOX – 8 years old

Minecraft – 7 years old

Use www.net-aware.org.uk to check for age restrictions.

What you can do to help protect your child

- Make sure you have set up parental controls / safety / privacy settings
- Agree with your child how much time they can spend online
- Pay attention to ratings and age limits
- Monitor inbuilt chat functions on games
- Monitor 'friends' they interact with
- Talk to them about what they are doing and sharing online
- Report incidents if they occur
- Discuss the consequences