Chilton Primary School

Mrs K Law
Head of School
Tel (01843) 597695
www.chiltonprimary.co.uk

Chilton Lane
Ramsgate
Kent
CT110LQ

Online Safety at Christmas time

Dear Parents/ Carers,

Online safety is an important part of keeping children safe at Chilton. All pupils are taught about how to stay safe online, but this will only be successful if we work together with parents and carers to help reinforce safe online behaviours at home. As Christmas draws near, many children may be looking forward to receiving new electronic toys, devices and games, so we'd like to share some simple online safety tips to help parents and carers make safer choices and support their children online over the festive break.

Make informed choices:

It is vital that parents and carers fully understand the capabilities of the technology within their homes. It's important to make informed decisions about new games, smart toys and devices, before giving them to children as a gift.

- Do your research; ask the shop about pre-installed apps or tools, and check whether the device or game has an online component which allows them to connect with others online.

- Always check the PEGI age rating and descriptors on games before buying them for your child and carefully consider whether the content is appropriate for them. CEOP has some helpful advice about making decisions regarding what is 'appropriate' for your child:
  www.thinkuknow.co.uk/parents/articles/gaming-whats-appropriate-for-your-child/

- Familiarise yourself with the privacy, safety and security tools on new devices; ensure you can teach your child how to make their accounts private and how to block and report other people online.

Use the parent guides and shopper's checklists from UK Safer Internet Centre and Internet Matters to help you ask the right questions and make informed choices when buying new technology this Christmas:
www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology
www.internetmatters.org/hub/guidance/guide-to-tech-buying-a-smart-toy-tips-for-parents/
www.swgfl.org.uk/magazine/holidays-toys-tech/

Talk to your children:

Take an active interest in your child's online life and engage in the digital world with them.

- Let your children teach you about their online world and how they use technology; playing new games and exploring websites together can often open opportunities to discuss safe behaviour and can also be lots of fun!

- Make sure your children know that you are safe and approachable; remind them that they can tell you if something happens online that makes them feel scared, worried or uncomfortable, without being told off or punished.

One Childhood One Chance

Chilton Primary School

Mrs K Law
Head of School
Tel (01843) 597695
www.chiltonprimary.co.uk

Chilton Lane
Ramsgate
Kent
CT110LQ

You can find more advice about talking to you child about online safety from CEOP:
www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/

Filters and Parental Controls:

Children can accidently or deliberately be exposed to unwanted or unpleasant content online, but there are some simple things you can do at home to help minimise this risk.

- Make sure you install anti-virus software, filters and parental controls on your child's device before giving it to them.

- Ensure that you are role-modelling good behaviour by using strong passwords yourself; make them difficult to guess and don't share them with your children.

- Remember that blocks and filters are not 100% effective and you can't rely on them alone to protect your children, so remind them to tell you if they see something upsetting online.

The interactive guide to parental controls available from Internet Matters will have helpful information to help you set up devices:
www.internetmatters.org/parental-controls/

Setting boundaries:

Much like the 'real world', parents should set boundaries for children online; this provides them with a clear understanding of the limits, expectations and consequences of their behaviour.

- Agree as a family, how the internet and technology will be used in your home; encourage children to use the online safety messages they learn in school and adapt these into your own family rules.

- Discuss online boundaries; for example, if your child loves to chat or share content on the internet, talk to them about what is and isn't appropriate to share online.

- Remember to role-model positive behaviour online; consider asking your child's permission before posting photos of them on social media this Christmas and empower them to have control over their 'digital reputation'. Also, why not make sure you spend time together as a family and set aside some tech-free time over the Christmas break.

Take a look at the family agreement template available from Childnet International for some ideas:
www.childnet.com/parents-and-carers/have-a-conversation

Other useful websites:
- www.nspcc.org.uk/onlinesafety NSPCC advice and helpline for parents
- www.thinkuknow.co.uk/parents - CEOP's advice for parents
- www.childnet.com/parents-and-carers Resources and 'hot topics' for parents from Childnet
- www.getsafeonline.org/connectedchristmas Security and technical advice at Christmas from Get Safe Online

One Childhood One Chance