Online Safety for Families during Social Distancing

Here at WMRSASC we, like you, have been settling into our new ways of working. With our offices closed our staff, like many of you, are working from home alongside supervising classroom activities and play time. It's times like these that the internet is a real lifesaver. We can access our work files, chat to self-isolating relatives, order our shopping and keep fit with online exercise classes.

The internet is also proving invaluable at this time for our children to continue their education and keep in touch with their friends through the many social networking sites. With this in mind, we felt it important to send out some support for parents and carers on supporting your children and teenagers in navigating the internet safely.

There are many organisations providing detailed information on a range of topics in this area such as talking to your child about online safety, the risks of online games, livestreaming and parental controls.

https://www.nspcc.org.uk - It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

https://www.saferinternet.org.uk - You don't need to be an expert on the internet to help your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibility and positively.

Unfortunately, whilst the internet is a fantastic resource it can also be used inappropriately by both adults and other children. If your child or teenager experiences any difficulties whilst using the internet there are organisations that can offer support.

Top Tip: It is never the child or teenager's fault if they encounter abuse online, it is the responsibility of the adult or other child who is acting irresponsibly or breaking the law.

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/mobile-phone-safety/ - Having a mobile phone and going online is great for lots of reasons. But it's important to be aware of the dangers too. Learn how to stay safe online.

https://www.thinkuknow.co.uk/ - Find information and activities created for children aged 4-7, 8-10, 11-13 or 14+ (as well as for parents) on navigating the internet safely.

https://www.ceop.police.uk/safety-centre/ - If you are worried about online sexual abuse or the way someone has been communicating with your child online you can make a report here to a Child Protection Advisor.

Top Tip: Set your child or teenager a project to research the positives and possible pitfalls of the social platform they are bugging you to let them download onto their phone, or write a family-friendly quiz that they, their cousins and wider family could take part in.
From all of us here at WMRSASC we hope you keep safe and well both on and offline.

Best wishes,
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