

# ONLINE SAFETY RESOURCES FOR PARENTS & CARERS



Thank you for attending the recent in-person session, or viewing the recorded webinar, focusing on how we can best support our young people when they are immersed in this ever-changing digital world. Below are the links to the range of resources that were discussed within the session.

## TALKING ABOUT ONLINE SAFETY

The most impactful way to support our young people with staying safe online is to have regular dialogue around it. Whether this be talking about the types of activities, apps or websites children are using, or open discussions around particular challenges they may be facing.

Here are some great resources to support in beginning these conversations, and opening dialogue around Online Safety, in informal ways.

- + **DIGIDUCK STORIES** A collection of five free stories created to help parents and teachers educate children aged 3–7 about online safety, with accompanying teaching activities.
- + **DIGITAL FAIRYTALES** Vodafone have produced a set of digital fairytales: Chicken Clicking, Troll Stinks, Old Macdonald Had a Phone and #Goldilocks, written by author Jeanne Willis and illustrated by Tony Ross. The books explore themes of internet bullying, managing screen time and being mindful of internet predators in fun and engaging stories.
- + **LEGO BUILD AND TALK** LEGO® activities to help you talk with your children about digital safety and wellbeing over some LEGO building.

## PRIVACY AND PARENTAL CONTROLS

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices. Both Apple and Google have a great parental control offering which gives the options to manage a whole range of tablet and phone based options.

- + **FAMILIES - APPLE** Tools that let parents know, and feel good about, what kids are doing. Keep track of your family's app usage. Set limits and exceptions. Choose which apps they can use. Create app limits and more.
- + **GOOGLE FAMILY LINK** With Family Link, you decide what's best for your family. Easy to use tools allow you to understand how your child is spending time on their device, share location, manage privacy settings, and more.

## FURTHER SUPPORT

- + **INTERNET MATTERS** Helping parents keep their children safe online.
- + **NATIONAL ONLINE SAFETY** National Online Safety provide excellent guides covering a wide range of apps, platforms and games with supportive notes specifically for parents and carers.
- + **BRITISH eSPORTS** A useful guide from British eSports to PEGI Ratings with content examples for the age ranges.
- + **PARENTZONE** Be Internet Legends by Google, in partnership with Parent Zone, helps families to become safer and more confident explorers of the online world.
- + **CHILDNET** Childnet's fantastic resources include toolkits, videos, lesson plans, family activities and much more!

