PARENT | CARER

# Online Safety News

Spring 2021 | PARENT | CARER

As we move into a third lockdown many children are spending more time indoors and perhaps more time online too. The internet is an incredibly useful and exciting tool to support learning and can bring benefits to children's mental health and wellbeing. When children spend more time online they may, however, be exposed to greater online risks. NSPCC learning has pulled together some really useful advice for parents and carers. **NSPCC | Online Safety**

## Parents' digital safety and wellbeing kit

The Children's Commissioner for England, in association with the law firm Schillings, has produced a digital safety and wellbeing kit for parents and a safety guide for children to help keep children safe and well online. The digital safety and wellbeing kit provides useful tips and guidance to help protect your child on a range of issues including video calling, how to ensure your device and web browser are set up and updated correctly and tips regarding best practice with your username and passwords.

The kit also contains updated guidance around the **digital 5 a day guide** which looks at how to balance your child's screen time and improve their wellbeing.

Read the news story: Children's Commissioner for England
**Digital safety and wellbeing kit**

Download the kit: Children's Commissioner for England
**Parents' digital safety and wellbeing kit** (pdf)

Download the guide: Children's Commissioner for England
**Children's guide to staying safe online** (pdf)

## Report a nude image online

Childline has launched **'Report Remove'**, a service that allows children and young people under 18 to report and get removed from the internet a nude image or video of themselves that might have been shared online. The webpage also includes links to services and information offering emotional and safeguarding support.

**Childline | report a nude image online**

REPORT REMOVE

Nude image of you online? We can help take it down.

## Age and content ratings on apps and games

The O2 and NSPCC has produced a really useful summary to help make the different companies' age and content ratings easier to understand and it can be found here:

**Net Aware | Age and content ratings on apps and games**

O2 | NSPCC

Let's keep kids safe online

## Home activity packs

The **Thinkuknow home activity packs** contain simple 15 minute activities you can do with your family to support their online safety at home. They include conversation starters, practical tips and tasks to try as a family. The packs a have been created to cover different areas of online safety for each age range, using the Thinkuknow resources.

THINK U KNOW .co.uk

For Early Years and Primary aged children

**Thinkuknow home activity packs for children aged 4-5**

**Thinkuknow home activity packs for children aged 5-7**

**Thinkuknow home activity packs for children aged 8-10**

For Secondary aged children

**Thinkuknow home activity packs for children aged 11-13**

**Thinkuknow home activity packs for children aged 14+**

# TikTok checklist

TikTok is a social media app that lets subscribers create, share and view other users 60 second videos. The official age rating for the app is 13 and above but users do not have to prove their age when creating an account, so younger children can still use it quite easily. It's most popular with under-16s. SWGfL and the UK Safer Internet Centre in collaboration with TikTok has created a checklist which provides information about the app and how to stay safe with questions such as:

- What is TikTok?
- How to stay safe on TikTok?
- How to set up the parental controls?
- How to block users on TikTok?
- Where can I go for further support?

Download the checklist from SWGfL: **swgfl.org.uk | tiktok checklist** (pdf)

Guides and checklists for other social media channels also available for parents and carers from **swgfl.org.uk**

Parentzone have also published this useful article for parents and carers:

**Parentzone | TikTok: everything you need to know about the video production app**

parentzone
The experts in digital family life

# Child friendly search engine - swiggle.org.uk

Swiggle is a search engine designed to provide a safer environment for children taking their first steps on the road to safe online searching.

Powered by Google Custom Search, it provides:

- keyword filtering to stop inappropriate search terms being used
- Google Safe Search filtered results, with a bias towards UK educational resources
- browser extension to cover your screen if your child finds something inappropriate, through Swiggle or not
- reporting tools to notify Swiggle of any content you think shouldn't be indexed, or for schools to notify their system administrator to block particular websites
- a friendly character that can guide children through how to search, report, and customise Swiggle
- an Ad-free experience

Find out more at **swgfl.org.uk/ | swiggle**

Try swiggle at: **swiggle.org.uk**

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

## Herts for Learning

Herts for Learning (HfL) is a provider of products and services to schools and educational settings within and outside Hertfordshire. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances. We focus on supporting the schools and settings we work with to achieve successful long-term outcomes for their children.