



What to say to my children when
we talk about/if they ask about:

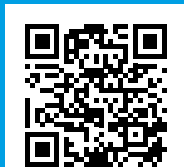
Online Safety

Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best.



The facts, useful information and how to word things:

Spending time online is not just when on a computer, but on any device connected to the internet including phones, iPads, laptops, games consoles. The risks are the same.

Working and playing online has lots of benefits but there are risks - discuss what these could be - include people being unkind, people spoiling your game, people trying to find out information about you, people sending or asking you for pictures.

One way of staying safe is following age restrictions. Research age restrictions of apps your child wishes to use. Some examples - WhatsApp (13+ with parental consent), TikTok (13+), Snapchat (13+), You Tube (13+), Instagram (13+).

Treat strangers online as you would in real life. Avoid accepting invitations and having conversations. Do not give out personal information. Check them out first if they say they know someone you do.

Discuss options for dealing with a problem online: Tell a trusted adult and ask for advice, block and report (an adult can help with this too), use parental controls and review regularly, take a break, check it out - research it and ask others - is it a scam?

Screen time management is also an important safety measure. Latest guidance recommends - 1 hour per day for children aged 2-5, 1-2 hours for children aged 6-12. Be online in a room where there is an adult and ask them if you aren't sure.

Remember whatever you write and post online, once received, can be reposted over and over again. You are no longer in control of it.

When online, avoid giving out personal information even to people we know. Protect passwords, addresses, telephone numbers, school name, parents' names and occupations.

What skills should you talk about as well?

Our approach is that children are best armed with accurate facts and information from the programmes used in school and what you discuss with them. Alongside this, they need strategies and skills to say No if they need to. Visit our Family Hub to find out and reinforce the strategies your children have been taught during the Life Skills Programme.

These include:

- Dealing with stress and peer pressure.
- Communicating clearly when saying No.
- The MATES resistance strategies.
- Considering risk and consequence within our SKILL decision-making model.

This guidance is designed to help you if your child is taking part in one of the Life Skills programmes at school. Its content relates to the topics covered in this programme. The school's PSHE scheme may include other topics.