DECEMBER 2024

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With the Christmas holidays around the corner, we know that children and young people will be spending more time online. The internet is accessible everywhere, from phones, laptops and tablets to game consoles, smart speakers and even smart TVs!

RNET SAFETY

Vermalester

The internet can be a great resource for young people, it offers a wealth of information and helps build knowledge and understanding.

Playing games can support young peoples learning skills, problem solving and creativity.

Screen time allows young people to connect with friends and maintain a social connection.

Homework is often online based, so it's importnat that young people are confident in navigating it and have the skills to access information.

Stayingserconfine

- It's important to understand what young people are doing online.
- Agree rules and boundaries, be clear on what your child can and can't do online.
- Agree times that they can go online during the week.
- Stay involved, start a conversation by asking them about the sites, apps and games they use regularly. It helps you to identify any potential risks.
- Encourage your child to use their device in a communal area to allow you to keep an eye on what they are accessing.
- Set parental controls to filter, restrict, monitor and report.

internetmatters.org has lots of guidance and advice for keeping children safe online <u>here</u>



The NSPCC has information and advice about talking to children and young people about online safety.



internet matters.org

Social Mecha

- Children and young people use lots of different social media apps. The most popular being TikTok, Snapchat and Instagram. There are lots of benefits to social networking. It helps to keep young people connected to friends and family. They can also learn things from making slime, learning dance routines and gaming tips. However, there are risks associated with social media use that you should be aware of to ensure your child is safe whilst using it.
- Oversharing; children and young people can sometimes feel pressure to overshare online.
- Sharing their location.
- Talking to people they don't know.
- Sending or receiving inappropriate content.
- Unrealistic sense of body image or reality.
- Obsessive focus on likes and comments. •
- Cyber bullying.

source: NSPCC



(¹) UK Safer Internet Centre

has lots of advice and guidance about staying safe on social media platforms <u>here</u>

WhatsApp is a hugely popular app which offers a quick, easy and free way to connect with friends and family and allows the user to share photos, videos or memes. The age requirement for the app is 13 but many users are younger. Children and young people might be in group chats of various sizes, this could be with family members, close friends or even whole classes or year groups.

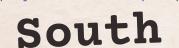
Similar to social media, there are risks associated with using WhatsApp and Internetmatters.org have created a safety guide

for parents, find out more <u>here</u>





Health | Well-being | School Sport | PE | Physical Activity Supporting South Leicestershire Schools to provide opportunities for all young people



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