All Being Well

OUR LADY OF LOURDES
CATHOLIC MULTI-ACADEMY TRUST

With the majority of young people unable to socialise in person, they have spent more time online playing video games and socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family.

However, it's important we all consider how we can help keep young people safer online now and in the future. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Social Media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them.
Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

Steps you can take to help keep your child safer online

- Have an ongoing conversation
- Make sure they know where to go for support
- Parental Controls

Online Gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video: In - game chat: A guide for parents and carers - YouTube
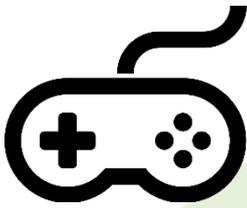
Technology and what you can do as a parent/carer

Social Media

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include inappropriate images or videos which could impact on their understanding of relationships.

They could also post or share information they wish they hadn't. The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read reporting to social media sites for more information.

Online gaming

- The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.
- For more information on the PEGI system and other factors to consider before deciding what's suitable, read Gaming: what's appropriate for your child
- Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - gaming: what parents need to know.

Sharing information, images and videos

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online that they wish they hadn't – don't panic. Read Worried your child has shared too much online? (thinkuknow.co.uk) for advice on how to support your child.

Ways to support online safety.

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet.

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Other information/training that might be useful

As a parent/carer you can complete this online certificate to support a child's online safety, https://certificate.onlinesafetyalliance.org/login/ the enrolment key is: 'allsaints'

A child can complete their own certificate at OSA Certificate of Online Safety: Log in to the site (onlinesafetyalliance.org) – They login with their school email and password. Depending on which year the child is in, the enrolment keys are:

Key Stage 3 key: allsa3
Key Stage 4 key: allsa4
Key Stage 5 key: allsa5

School support: wellbeing@allsaints.notts.sch.uk or visit our website:
Wellbeing - All Saints' Catholic Academy