



# CONNECTED

## #E-SAFETY

### AUTUMN 2018

Welcome to our e-safety newsletter, giving you up-to-date news, keeping you 'connected'.



The amount of time that children are online is increasing.

A campaign, led by the Children's Commissioner, called 'Digital 5 A Day' has been launched to help parents encourage their children to have a good digital diet and states, **"You wouldn't let an 8 year old eat a double cheeseburger and chips every day...so it's important children aren't left to use smart phones, computers or tablets without agreed boundaries"**.

For more information and advice: [bit.ly/childrenscommissioner\\_digital\\_5\\_a\\_day](http://bit.ly/childrenscommissioner_digital_5_a_day)

## Live Streaming



Live streaming is a live visual broadcast over the internet. All you need to be able to live stream is an internet enabled device, like a smart phone or tablet, and a platform (such as website or app) to broadcast on. At the click of a button, you can be streaming to hundreds, or thousands, of viewers.

For more information: <https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>

### What makes live streaming risky for children and young people?

Reduced inhibition online – Children, like adults, can feel more confident when they are online as they feel protected by the screen. This can result in children engaging in behaviour that they would

not otherwise do in 'real life'.

Dependent on their age, your child will need different levels of support. Children's brains are continuously developing and your advice will need to grow as they do. In their offline world, children are often taught from an early age to do as they are told and follow adult instruction e.g. parents, teachers, family, friends.

### How can you help your child stay safe when live streaming?

There are some practical steps you can take to help keep your child safe if they are using an app or website with a live streaming function.

- Stay involved in their internet use – Talk to your child about what they are doing online; what they are enjoying, what they are learning, who are they interacting with and the new things they have discovered
- Privacy and safety settings - If your child is using an app with a live streaming function go through the privacy and safety settings together, setting them to make sure only the friends they know in 'real life' can view their profile
- Make sure your child knows where to go for support and where to report - Children can sometimes feel they are to blame if something goes wrong online. Remind your child that they can always speak to you or an adult they trust if they are worried no matter what may have happened.

## YouTube



YouTube is a popular choice for children when it comes to watching and uploading videos.

There is a child-friendly app available to download for devices, or you can adjust parent controls on your devices. Find out how to set parent controls on your devices here:

<https://www.internetmatters.org/parental-controls/>

### How to ensure that your child is safe online.

- Talk to your child regularly about what they are doing online and how to stay safe.
- Explore your child's online activities together. Understand why they like using certain apps, games or websites and make sure they know what they can do to keep themselves safe.
- Agree your own rules as a family when using sites, apps and games (including screen-time limits).
- Manage your technology and use the privacy and parental control settings available.

If you have any questions regarding online safety, or just need some advice, please do contact me.

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