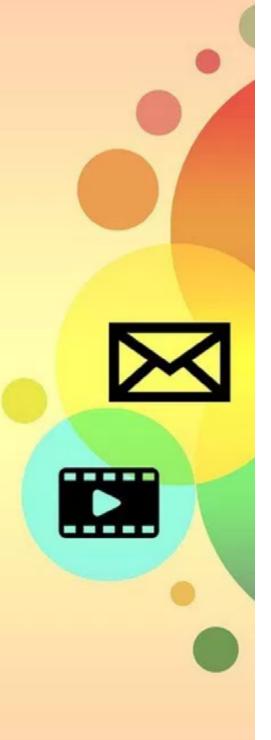# E-SAFETY at Orchard

with The Digital Leaders & Mr Hodgkin

Let's hear from our Digital Leaders

What concerns do we have about eSafety?

Managing time online

For very young children playing a fun game is like scratching an itch and it becomes very addictive

• Set screen-time limits for their devices to create a norm and set a good balance on and offline

• Explain why you're putting time-limits in place so they can understand the positive benefits for them.

Use parental controls to create a safe spot

Set parental and privacy settings on apps, sites and devices they use and adjust them as they grow

• Use a child-friendly search engine as the homepage and a family login for sites such as YouTube, which are popular with children at this age or use YouTube Kids

• This means they can explore in a safe space and build independence online

Agree boundries

Get involved and show an interest in what they're doing online

• Play games with your child and find fun ways to interact to ensure they're using their time online in a productive way

• Getting involved at an early age will make it easier to engage with them as they develop their online identity

• Knowing about their habits online will allow you to feel comfortable to slowly bring down the safety wall as they get older

Be a good digital citizen

Talk to them about the importance of being a good digital citizen as soon as you can

- Talk to your child about what they value in real friend-ships

- Discuss kindness and how important it is be kind online

- Talk to them about steps they can take if something goes wrong or they feel someone has been treated unfairly

- Remind them that they can talk to an adult if they are concerned

Be Assertive – Set Digital Boundries

At this age, children don't have the ability to self-regulate and need firm boundaries such as time limits

• Don't be afraid of being unpopular by saying 'no' when they are eager to get online if it is not appropriate – you are in control

So what happens when things go wrong?

Try and understand what they've seen or come across whether it's a comment on a video or a game

• Find out how they came across it and discuss how it made them feel

• Don't overreact, show your support and talk it through

• Depending on the situation seek advice from specialist organisation or your GP to give them the best chance to recover and regain their confidence