

A vertical decorative strip on the left side of the slide. It features a variety of digital-themed icons and text. At the top is a white speech bubble icon. Below it is a blue speedometer-like icon with a red needle pointing to '700'. To the right of the speedometer is a colorful icon resembling a smartphone or a stylized 'm' shape. Below these are several smaller, semi-transparent text elements: 'ON Google Play' in white, 'ce' in light blue, 'm' in dark blue, and 'R' in white.

E-SAFETY at Orchard



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.

“One size doesn't fit all, parents need to think about what's useful and helpful for their child.”

“Parents should consider their own use of screens, if screen time is controlled in their family, and if excessive use is affecting their child's development and everyday life.”

Dr Russel Viner, President of the RCPCH



Use parental controls to create a safe spot

Parental controls are designed to help protect children from inappropriate content they may come across online, such as pornography. These controls can be used to limit access to only age-appropriate content, to set usage times and to monitor activity.

There are four main places you can find parental controls, and it can help to set up a combination of these:

- Internet provider
- Mobile operator
- Devices
- Online services

It's worth being aware that no parental controls or filtering options are 100% effective.



Agree boundaries

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 friendships
- Discuss kindness and how important it is to 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



Cyberbullying

Cyberbullying is when someone uses technology, such as the internet or a mobile device to bully others.

Being a victim of cyberbullying can be very distressing for a young person as messages can be sent anonymously and it is difficult to know who the bully is.

Tips to help with cyberbullying:

- Don't deny access to technology
- Discuss cyberbullying with your child
- Save the evidence
- Don't reply



Be Assertive – Set Digital Boundaries

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