

E-Safety

Staying Safe Online

Summary for Parents

Health impacts of Screen time

- There is no good evidence that time in front a screen is toxic – It's just the implications of sitting still
- Think about your own screen time. Are you telling your children to always come off their screens then you go on them constantly?
- Remember Screens are no substitute for face to face interaction

How much is your screen time today?

iPhone users

1. Settings
2. Screen Time
3. See All Activity

Android Users

1. Settings
2. Digital Wellbeing & parental controls
3. Screen time

How many notifications have you got so far today?

How many of the following Social media influences can you name?







Jo Sugg



PewDiePie



Dude Perfect



Tommyinnit

Dream

Mr Beast

Jojo Siwa

DanTDM



- All of these channels have approximately 393.4 million subscribers between them.
- How many of those did you recognise?
- How many do your children watch?
- Do you know what your children are watching?



Youtube kids

- Unfortunately not all videos on YouTube are appropriate for kids
- So how do you avoid this? By using YouTube Kids.



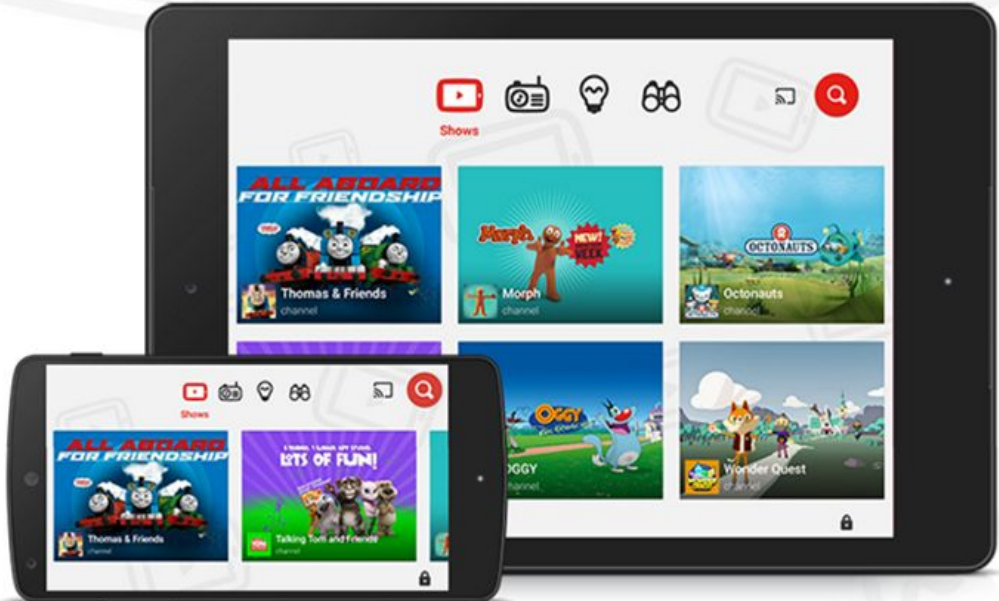
Kids cartoons are hugely popular on YouTube



How to avoid inappropriate videos on YouTube

The YouTube Kids app filters out most, but not all, of the disturbing videos.

[YouTube Kids](#)



You Tube
KIDS

Dive into a world of discovery, learning and fun

YouTube Kids gives your family an easy way to watch their favourite programmes or explore anything that captures their imagination. It's free, simple to use and full of family-friendly videos.

YouTube Kids. Made for curious little minds.

GET IT ON Google play Download on the App Store

YouTube suggests turning on "restricted mode" which can be found at the bottom of YouTube pages:



Easy to turn back off **not** recommended

- Discuss with your children the age restrictions on social media
- The ‘Internet’ is their biggest influence
- They ‘will’ go on social media
- You need to agree rules and give guidance
- Once it’s online, it’s there forever

Summary

- Make sure your child is happy to talk to you
- Set rules for their online use
- Set parental controls, (where possible)
- Know what they are doing
- Speak to them about their online presence
- Know how to report
- Get involved