ONLINE SAFETY

STAYING SAFE ONLINE

Royal Cross Primary School

Looking After your Wellbeing Online

How to look after yourself in the digital world.

We spend time on looking after our physical health and now that we spend so much time online, we need to look after our digital wellbeing!

Top tips ..

- Check your privacy settings
- Take care what you share!
- Track your screen time
- Avoid comparing yourself to others
- Take breaks
- Go tech-free before bed
- Look for positive communities!

Updated Web Site
http://www.royalcross.lancs.sch.uk/
Online Safety Page

Royal Cross Primary School
School Office: 01772 729705

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Online safety tips for 0 - 5 year olds.

How can we help our younger children to stay safe online?

Put yourself in control
Use parental controls available on your home broadband and any internet-enabled devices. Find out how at your broadband provider's website or visit internetmatters.org

Search safely
Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can be activated on other search engines as well as YouTube. Lock the settings.

Explore together
Set your homepage to a child-friendly site such as CBeebies. Give them a user account only allowing access to sites you've chosen.

Set boundaries
Set rules about when and for how long your child can use devices. Talk about why you do this.

Remember, primary-age children should be supervised at all times when online.

Internet & online jargon

The digital world is full of 'jargon' that can be difficult to understand. Here is a breakdown of some of the terms used:

APP: Short for application – a program or piece of software designed to fulfil a particular purpose, usually downloaded to a mobile device

ADWARE: Computer programs that display adverts on the screen. Often installed without people realising.

CLICKBAIT: A link which entices you to click on it. Usually referring to YouTube videos with titles to draw users' attention to get more views.

COOKIES: A small file that is sent to a web browser by a server and stored on the user's computer. Then read by the server every time user revisits the same website, used to track personal preferences and information.

HASHTAG: A word or unspaced phrase prefixed #. Used on social networking to tag & group messages.

TROLL: Person who posts inflammatory comments on social networking sites.

For more information, go to Internet Matters

Resources & Help

Internet Matters

https://www.internetmatters.org/resources/
Guides and Resources
A 'one-stop shop' resource centre featuring ' parent guides, recommended resources for parents.

UK safer Internet Centre

https://saferinternet.org.uk/guide-and-resource/parents-and-carers
Tips, advice, guides and resources to help keep your child safe online
Advice and resources to support parents as they support children to use the internet safely, responsibly and positively.

Get safe online

https://www.getsafeonline.org/personal/article-category/safeguarding-children/
Impartial online safety advice on safeguarding children when they are online.
Advice on many topics including gaming, cyberbullying and social media.

NSPCC Keeping children safe online

https://www.nspcc.org.uk/keeping-children-safe/
Advice and online safety guides.
Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

DEAF Zone - BSL advice videos

https://www.childline.org.uk/info-advice/bullying-abuse-safety/deaf-zone/bsl-videos/
BSL signed video support
Watch videos in BSL (British Sign Language) about lots of different issues like bullying, family problems and how to stay safe online.