

Online Safety Newsletter

Screen Time

Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you. This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

<https://www.internetmatters.org/issues/screen-time/>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

[Screen Time get support](#)

This final link provides a guide on how to balance screen time:

<https://www.internetmatters.org/resources/screen-time-tips-to-support-7-11-year-olds/>



ADVICE ON CYBERBULLYING

WHAT IS CYBERBULLYING?

Cyberbullying may consist of threats, harassment, embarrassment, humiliation, defamation or impersonation. It may take the form of general insults, or prejudice-based bullying, for example homophobic, sexist, racist or other forms of discrimination.

There are reported cases of cyberbullying involving:

Virtual Learning Environments

·chat rooms

·websites

·social networking sites

·mobile and fixed-point phones

·digital cameras

·Email



CHATROOMS OR INSTANT MESSAGING (IM)

- Do not give out personal information
- Give yourself an alias that doesn't give out anything about your age, gender or location
- Don't respond to abusive posting – ignore them or log off. If you don't take time off and calm down you'll end up writing something you'll regret which will only make the situation worse

Think about what you write – it is very easy for people to get the wrong idea about what you write or how you write it.

- CHATROOMS -

YouTube

YouTube Shorts

You should be over 13 to post videos on YouTube. YouTube Shorts are short videos which are similar in format to videos you find on TikTok or Instagram Reels. 'Shorts' are available to watch on the YouTube homepage or on the Shorts tab in the app. As they are quick to watch, they can be addictive and lead to excessive screen time. If your child is watching these videos, ensure they know that there is a report button. The INEQUE Safeguarding Group discuss this feature in more detail here:

<https://ineqe.com/2021/07/01/you-tube-shorts-need-to-know/>

EARLY YEARS

Online Safety advice for Early Years Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those with children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources.

<https://www.internetmatters.org/schools-esafety/pre-school/>

Supporting Pre-Schoolers

eSafety
 **Early Years**
 Online safety for under 5s