

## PARENT WORKSHOPS

### Supporting your child in a Digital World

Workshop	Date	Time
How to protect your child from online abuse	14th September	9:15-10:00 3:15-4:00
How to setup parental controls for your children	28th September	9:15-10:00 3:15-4:00
How to stay safe on social media	3rd November	9:15-10:00 3:15-4:00
The dangers of online gaming and how child aspirations have changed	15th November	9:15-10:00 3:15-4:00
How to support your child with school and Microsoft platforms	Times and dates to follow	

### Refreshments will be provided

Please remember that we are an environmentally friendly school and ask that you bring your own cup to the sessions if you wish to have a drink.

Childcare will be provided for the after school sessions

Autumn 1 2021

At Parkland Primary School, we are committed to educating and supporting our pupils in making safe decisions when online.

A survey by the NSPCC found that **1 in 4** of young people's online experiences contain some form of a risk, such as:

- interaction with strangers
- violence and hatred
- sexual content
- bullying

Together, we all have a responsibility to keep our children safe.

To support the continuity of safe internet use at home, we will put together a half termly Online Safety Newsletter full of tips, advice and links to further information.

If you have specific concerns or questions, please do not hesitate to speak to your class teacher or a member of our SLT who will be able to help.



## Balancing screen time!

### Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

### Physical activity & sleep are really important

**Make sure screens are not displacing these things** by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

### Ensure a healthy mix of screen activity

**Make sure they have a good balance of screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.

internet  
matters.org

### Set boundaries WITH your kids

Get them involved in the process of **setting age appropriate limits** on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.

### Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



NSPCC

Online Resources for Parents

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.thinkuknow.co.uk/parents/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

<https://nationalonlinesafety.com/guides>



[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

