# Children and Technology

# Working together to keep children safe online

* To form a shared understanding of how to keep children safe online
* To share information about technology and how it used
* To minimise online incidents
* To help parents to make an informed decision about how to use technology outside of school

**NSPCC**

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

**Building Digital Resilience**

<https://www.digitalresilience.org.uk/>

**Information** for parents about apps and social networks

<https://www.net-aware.org.uk/>

The Breck Foundation

<http://www.breckfoundation.org/>

**Ways to keep your child safe online**

* No underage social media accounts
* Check privacy settings
* Use filtering software
* Create ground rules (one rule should be mum/dad can look at the phone when they wish)
* Get to know their online habits
* Do not use devices in bedrooms at night
* Teach children to avoid pop-ups
* Monitor pictures they post online
* Limit screen time (max. 1-2 hours per day)
* Talk about online reputations
* Talk about online dangers
* Be a good example of how to use tech

**Use parental controls on your iPhone, iPad, and iPod touch**

<https://support.apple.com/en-gb/HT201304>

**Recommended videos:**

Lorin Lafave talking about Breck and her experiences

<https://www.youtube.com/watch?v=76xyOl-t4CM>

CEOP – Jigsaw

<https://www.youtube.com/watch?v=_o8auwnJtqE>

NSPCC

<https://www.youtube.com/watch?v=WingwgvcYvI>

#onewordcampaign

<https://www.youtube.com/watch?v=_mWgBQALn-k&list=PLJSbhHkqYnrTgDQamh0rUuNZ1GJQyJU11&index=2>