



# Online Safety

*For Under 5s*



<https://www.youtube.com/watch?v=bcbIZ9nKqG4>

# Technology is here to stay.

"The World Economic Forum estimates that 65% of children today will end up in careers that don't even exist yet."

# Benefits and challenges?

## Benefits

- *Communicating with loved ones far away*
- *New careers*
- *Access to information*
- *Entertainment*
- *New learning tools*
- *Connection to the world*
- *Learn anything online*

## Fears/Challenges

- *Monitoring use of tech*
- *Tech addiction*
- *Inappropriate content*
- *Online predators*
- *Online bullying*
- *Violence*
- *Dangerous "challenges" and trends*
- *Too much access at an early age*

# Checklist:

Ofcom's research has shown that 86% of 3-4 year olds have access to a tablet at home and 21% have their own tablet.

- You should start talking to your child about keeping safe online at an early age. It's easier to have conversations about online safety little and often, rather than trying to cover everything at once.
- Set boundaries from the start. It makes it easier than trying to play catch-up at a later stage. Creating a family agreement is a useful step, which might include time spent online, where and when devices can be used and what to do if they see something upsetting.

<https://www.childnet.com/have-a-conversation>

# Choose appropriate games and websites

- Play games with your child to get them used to being online. You can also proactively find great age appropriate apps and games for young children to use by filtering by age at Common Sense Media. [Common Sense Media](https://www.commonsensemedia.org) is a website which provides reviews and lots of useful information on games but they also cover films, apps, TV shows, websites, books, and music too. Reading online reviews of games from other parents' experiences is a really useful way to highlight potential safety issues like whether the game features inappropriate adverts or bad language.
- <https://www.commonsensemedia.org/game-reviews/poppy-playtime>

# Supervision

- Supervise a young child when they are online as they may stumble across something which could worry, upset or confuse them. Since the internet can be accessed from a number of devices and many of these are portable, we would advise you to keep family and child devices in a busy part of your home e.g. the living room or kitchen. This makes it easier for you to be involved in their technology use and you are right there to answer any questions and help them.

# How to Make Meaningful Family Connections Using Media and Tech

- [https://www.youtube.com/watch?v=zkB0B\\_n7CB4&t=49s](https://www.youtube.com/watch?v=zkB0B_n7CB4&t=49s)

# Parental Controls

- <https://www.internetmatters.org/parental-controls/>
- Put yourself in control
- Activate parental controls on your home broadband. Most Internet-enabled devices also offer parental controls. For example, Microsoft Windows, Apple iOS, and Google's Android all offer ways to control the apps and sites your child can visit. These controls can also keep them from seeing inappropriate videos and other content.
- Set up <https://www.youtubekids.com/?hl=en-GB>

# Searching

- Search safely
- If you let your child search independently, make sure safe search settings are activated on Google and other search engines or set the default to one designed especially for children such as Swiggle.
- <https://swiggle.org.uk/>

# Model good behaviours!

- Think about your own habits.
- Research shows that having the television on in the background at home can lead to fewer interactions with your child. Try to keep the TV set off if no one is watching it, and silence your phone to reduce the distractions. Do your best to model self-control when it comes to your devices.
- Ask yourself: Am I distracted by my phone or the TV when playing with my children? What are some adult "tech-free times" I can set for myself and for the family?



*“Kids will always find a way to get around your barriers so it is all about giving them information about the dangers.”*

*Oliver Manning aged 20 years*