Welcome to the July 2020 Scomis Online Safety Newsletter for Parents

Making the most of technology during the holidays

• parentzone Visit Parentzone to access tools for families to make the most of technology during the holidays. Including:

- Access to fun, free activities
- Access to expert online safety advice

Subscribe to Parentzone's new Parent Hub to :

Discover essential tips and information about parenting in the digital world:

5 digital parenting rules that REALLY matter

The most important thing is to help your child develop Digital Resilience. This means:

- Understanding that there are some risks online that come in different forms, from fake news to being tempted to behave in ways they might later regret.
- When something difficult or unpleasant happens they know who to ask and where they can go to get help.
- They can learn from their experiences.

They can recover with the right help and support. Review the Digital Resilience for parent's guide here Sign up to their **parent newsletter and be the first to hear** about exciting new activities for families (NB. You can unsubscribe at any time)

How to keep children learning this summer!

WIDEOPENSCHOOL

Visit Common Sense Media's new website!

Wide Open School, offers a huge range of free, gradebased activities to keep kids busy online and offline and learning all day.

Review their Virtual Summer Camp where children can explore lessons in STEM, music appreciation, language arts, art and creativity, and much more. Get your child started on this week's hand-picked activities

Worried about screen time?

Guidance from Royal College of Paediatrics and Child Health recommends that families should negotiate screen time with their children based on the individual needs of each child and the way in which they use their screens.

Advice from ParentInfo suggests

- screens should be avoided for an hour before bedtime
- persuading children to take a break
- considering the type of device being used
- considering setting limits on screen time YouNG cHildren

Read SWGfL's latest resource : 'Young Children and Screen Time'

Remember FREE advice is just a phone call away from the 0₂ and NSPCC helpline **0808 800 5002** Or visit any 02 Guru in an 02 store

Internet Matters new Online Safety Hub for SEND

Internet Matters launches a *first-of-its-kind* resource for children with additional learning needs and their parents and carers.

Their Connecting Safely Online hub helps equip both young people with SEND, (special educational needs and disabilities) their parents and carers with the right tools to stop them 'falling through the net' on social media. Read Internet Matters report 'Life online for children with

SEND' Find out:

where young people with . SEND differ from typical children in relation to online safety



concerns about the potential risks of social media to young people based on their understanding of interactions online

Reminder on how to use Zoom Safely!

Zoom has become a fantastic method of for keeping in touch with family and friends throughout this uncertain time.

Did you know?

- Minimum age for users to have an account =16 years
- Zoom can collect several types of personal information can be collected, including: Name, address, email and phone numbers

You should always update the Zoom app to ensure security settings and features are updated Find out:

- How to set up Zoom .
- How to host and join Zoom meetings

and other video conferencing platforms here.

Zoom's security settings and additional features Visit SWGfL's website for more information about Zoom

More Advice, Tips and Guides

Visit the NSPCC's Share Aware website and check the T&Cs plus Age Recommendations here Visit CommonSense Media's website to review videos, games and Apps here Review before your children! For a range of Tips, Advice and guides from age-specific online safety checklists to guides on how to set parental controls on a range of devices, visit InternetMatters' website <u>here</u>

Need help!

For young people - depending on the age of your child there are a range of places they can go for help, younger children <u>call Childline</u> (0800 1111) for help and

support

older children The Mix offer free and practical advice

Stay Safe!

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