



Safeguarding Update

April 2019

Issue 14



About Digital Parenting

Building confidence and resilience online

Technology has many benefits but it also brings some challenges for young people, such as bullying and sexting.

Here at Vodafone, we're committed to helping children and teenagers get the most out of technology and become more confident and resilient when they are online. We created this Digital Parenting website to support parents, carers and teachers and also to provide resources for young people themselves.

It's full of expert advice, 'how to' guides and information about other Vodafone initiatives, such as Be Strong Online, so that you can help your child to make the right digital choices.

What will I find on this website?

- Insight into the main digital challenges facing children and teenagers.
- Links to useful websites with the very best advice.
- Short guides to parental controls and online tools.
- Advice from psychiatrists and other experts.
- Free resources and activities, including our Be Strong Online modules and Digital Parenting magazine.

<https://www.vodafone.com/content/digital-parenting/about.html>

Jessie & Friends: online safety education for 4-7s

Jessie & Friends is a three-episode animated series which aims to equip 4-7 year olds with the knowledge, skills and confidence they need to help them stay safe from risks they may encounter online.



Jessie & Friends follows the adventures of Jessie, Tia and Mo as they begin to navigate the online world. They learn that while the internet can be an exciting place where they can learn and have fun, sometimes they may encounter things online which make them feel worried, scared or sad.

Additional information for parents and carers about the Jessie & Friends resources can be found at www.thinkuknow.co.uk/parents/jessie-and-friends

Surrey Safeguarding Children's Board

Call us on
01372 833330



NSPCC

How does brain-building work?

During your child's earliest years, their brain makes 1 million neural connections every single second. Positive, supportive experiences with parents and other adults are important to their brain development. But it's not about just singing or talking at your baby. Brain-building happens when you and your little one are interacting with each other. It's about taking a cue from them, and reacting to what they're doing. You could think of it like a game of tennis – going back and forth between the two of you.

Look, Say, Sing, Play aims to build on the interactions parents are already having with their children, focusing on everyday moments that offer the chance to engage with their baby. Parents are encouraged to take a look at what their baby is focusing on and how they react, say what they are doing and copy the sounds their baby makes, sing along to their favourite tune or play simple games and see what their baby enjoys

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/look-say-sing-play/>

Childline
0800 11 11

The Surrey Family Information Service (FIS) is a free impartial service for families with children aged 0 to 25 years. They can help you find organisations and services that may be able to support you and your family including **information about childcare, holiday schemes and activities in your local area**. Visit their website for more information or alternatively you can contact them on: 0300 200 1004

<https://www.surreycc.gov.uk/people-and-community/family-information-service>

**Surrey Family
Information
Service**