



Safeguarding Update

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Issue 13

Unfortunately there are some sinister on-line 'challenges' that have been around for some time. 'Games' such as BlueWhale and Momo have been linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids.



We strongly urge our parents to take the following advice.

Agree boundaries Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Explore together The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.

Put yourself in control Install parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Use airplane mode Use airplane mode on your devices when your child is using them so they can't make any unapproved purchases or interact with anyone online without your knowledge.

Stay involved Encourage them to use their tech devices in a communal area like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

Search safely Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

Check if it's suitable The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the minimum age limit is 13 for several social networking sites, including Facebook and Instagram. Although sites aimed at under-10s like Moshi Monsters and Club Penguin also have social networking elements.

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As with friendships in real life, the internet can become a place where children play out disagreements or express issues they have with each other without a full grasp of the potential

consequences of what they say. As children are new to the social world online, it can be tricky to see how their words and online actions can impact others.

Cyberbullying (including texting and WhatsApp messaging) can affect children's mental health, learning and can lead to legal consequences in some extreme cases.

What can you do to help?

Getting to grips with 'netiquette' of what is acceptable to post and having coping strategies are essential to help children make smart choices online.

- Discuss the difference between banter and bullying
- Discuss the influence of school culture in how friends relate to each other
- Teach them how to report or block people

