



Safeguarding Update

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internet
matters.org

Online safety advice

Early use of digital technology has been shown to improve language skills and promote children's social development and creativity.

But it's not without risks for young children, who may come across inappropriate content or begin to copy what older children do online. See our advice to understand what you can do to give young children the best experience of going online

www.internetmatters.org/advice/6-10/

Advice includes:

- **Agreeing boundaries** – what they can access? Where can they use the internet? How much time can be spent on the internet?
- **Exploring together** - ask your children to tell you about what they do and what sites they like to visit. Ask them if they would like to show you.
- **Putting yourself in control** - install parental controls on your home broadband and any internet-enabled devices.
- **Using airplane mode** – this means your child can't make any unapproved purchases or interact with anyone online without your knowledge.
- **Staying involved** - encourage your children 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.
- **Searching safely** - use safe search engines such as Swiggle or Kids-search.
- **Checking if it's suitable** - age ratings that come with games, apps, films and social networks are guides as to whether they're suitable for your child e.g. the minimum age limit is 13 for several social networking sites (Facebook/Instagram). Although sites aimed at under-10s like Moshi Monsters do have social networking elements.

Surrey Safeguarding Children's Board

Call us on
01372 833330

Childline
0800 11 11

As part of our annual Safeguarding training all staff at Worpleston Primary School watched the ACES video.



Adverse Childhood Experiences (ACEs) are traumatic events that affect children while growing up, such as suffering child maltreatment or living in a household affected by domestic violence, substance misuse or mental illness.

This short animated film has been developed to raise awareness of ACEs, their potential to damage health across the life course and the roles that different agencies can play in preventing ACEs and supporting those affected by them.

<https://youtu.be/XHgLYI9KZ-A>

The Expert Parent's Guide to Childhood Anxiety

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

With featured advice and resources from The Children's Society, the link above takes you to expert guidance for parents to help children understand, cope and become strengthened by their experiences of anxiety at a young age. The aim is to equip parents across the world with a significant bank of knowledge to ease panic and educate their children about the science of the mind.

The chapters on offer include:

1. Symptoms of anxiety in children
2. Talking to children about anxiety: Top tips
3. Recommended by experts: Techniques to help your child with anxiety
4. Opening up: How to encourage your child to confide in you
5. Nurturing optimism in children
6. Go-to anxiety relief tools for children