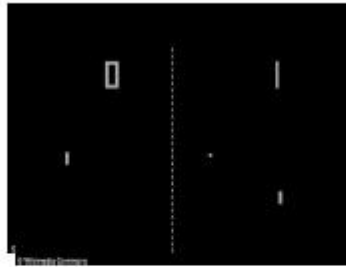


Ludlow Junior School: E-Safety

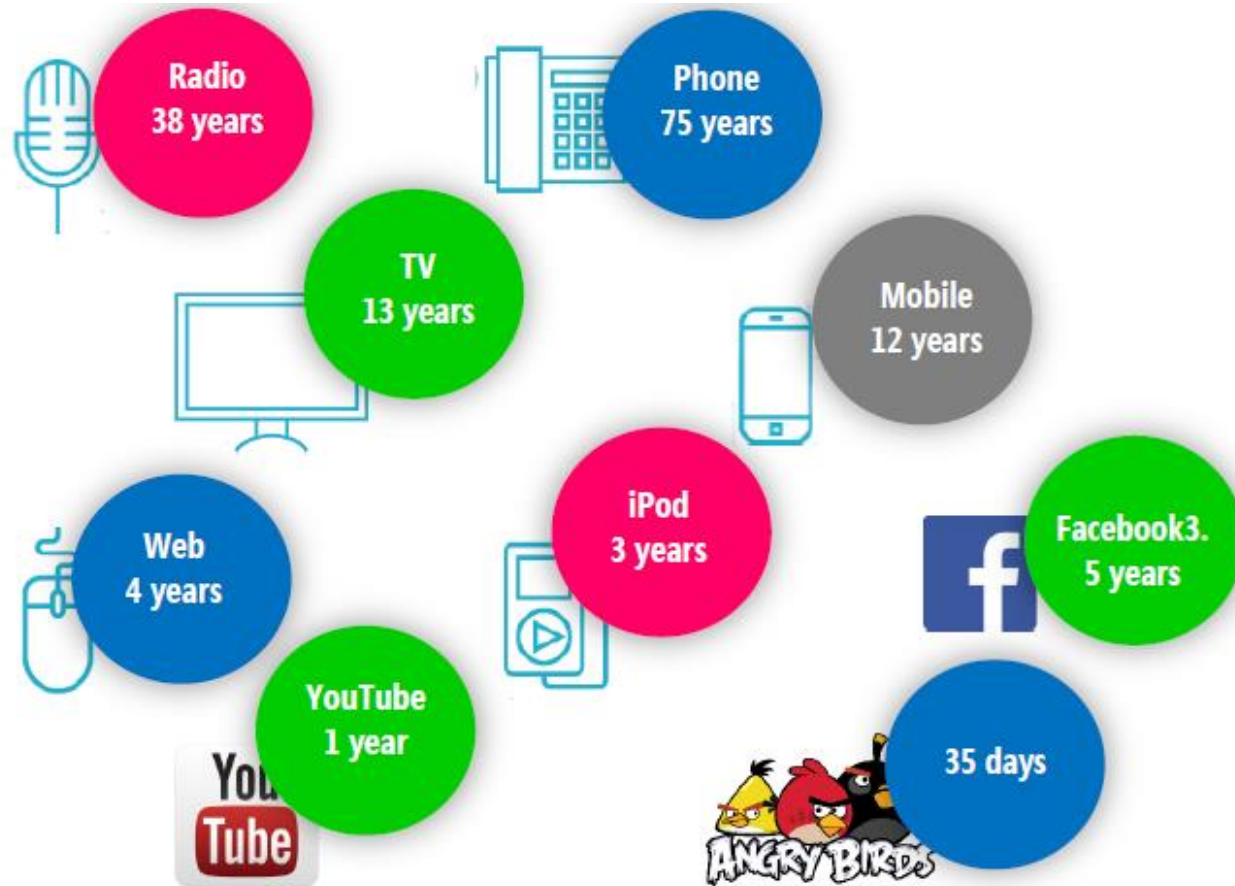
DO YOU FEEL LEFT BEHIND WHEN IT COMES TO WHAT YOUR CHILDREN ARE DOING ONLINE?

“My kids know more about the internet than I do...”



The Rise of Apps and Digital devices:

Years to reach 50m users



There are a lot of Positives...



Online games can enhance teamwork and creativity.



Add to the child's store of knowledge.



Households with computers perform better academically.



Improve both visual intelligence and hand-eye coordination

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens.
- Screen-based entertainment increases central nervous system arousal
- Millennial's are **more forgetful**.
- One Study found that the **more distracted** you are the less able you are able to experience empathy.



Potential Dangers of Technology

- Contact from Strangers
- Viewing indecent and offensive content
- Viewing violent content
- Online Bullying
- Etc. There are more!

Parents concern is increasing around online risks.

Concern typically peaks at 11-12 years old which coincides with moving to secondary school.

Risk is not harm.

5 tips for parents:

1

Understand
the risks

2

Communicate
regularly

3

Keep the risks
in proportion

4

Agree helpful
mediation
strategies

5

Develop coping
strategies that foster
resilience

internet
matters.org

What are Children taught in school?

	Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies	
	Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact	
	Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct, and know how to report concerns	
	Understand how changes in technology affect safety, including new ways to protect their online privacy and identity, and how to report a range of concerns	

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour.

Turn off notifications on apps to avoid that constant 'ping'.

Buy an alarm clock so you don't have devices in the bedrooms.

Keep phones on silent in your pocket or bag when you pick the kids up from school.

No phones at the table rule or no phones between 6 and 7 rule.

Family tech free days!

Controlling tech time

1. Set a good example.
2. Talk together about the time spent online.
3. Agree on appropriate length of time they can use their device.
4. Get the whole family to unplug & create screen free zones.
5. Use technology/apps to help manage screen time.



Three things to teach your child



Be a confident communicator



Be a critical thinker



Be a capable tools user