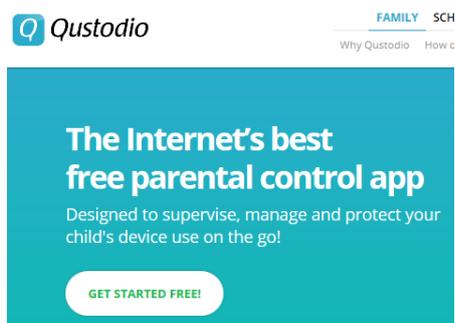


## Online Safety - how to keep your children safe.

We are keen to share with you information and guidance on how to keep children safe online.

**Qustodio** – an app that is designed to enable parents to supervise, manage and protect children's device use:

<https://www.qustodio.com/en/>



The advertisement for Qustodio features a teal background. At the top left is the Qustodio logo. To the right, there are navigation links for 'FAMILY' and 'SCH' (Schools), with sub-links 'Why Qustodio' and 'How c'. The main text reads 'The Internet's best free parental control app' followed by 'Designed to supervise, manage and protect your child's device use on the go!'. At the bottom, there is a white button with the text 'GET STARTED FREE!'.

Qustodio helps you to see how your child is using their devices, apps and the internet – including texts and messaging. You are able to set time limits on how much screen time they have a day. It includes filtering technology to protect from harmful content.

Visit the **UK Safer Internet Centre**

<https://www.saferinternet.org.uk/safer-internet-day/2018>

Browick Road Primary takes online safety very seriously, and the children take part in Safer Internet Day every year. Their website is full of advice and tips on how to 'Build a Better and Safer internet'. It is full of positive ideas to use the internet safely!



### **Ditto**

An online magazine for educators and parents dealing with issues of using the internet and technology safely. This is updated every 6 weeks and also contains archived content. All free of charge and available to download in PDF format.

Visit: <http://www.esafety-adviser.com/latest-newsletter/>



#DITTO is a free online safety (e-safety) magazine for schools, organizations and parents to keep you up to date with risks, issues, advice and guidance related to keeping children safe online, with a view to enjoying and learning about technology. A new edition is

released approx. every 6 weeks.



**Apple products** / devices e.g. iPads, iPhones and iPods

Visit <http://support.apple.com/en-us/HT201084>

Go to apple online for advice and support to manage settings and controls for your child's devices. Includes Family Sharing and services e.g. Games Center, FaceTime, iCloud and iMessage.

The **Children's Commissioner** has developed 'Digital 5 a Day' recommendations – striking a healthy balance in a Digital World.

Visit: <https://www.childrenscommissioner.gov.uk/2017/08/06/digital-5-a-day/>

### Digital 5 A Day

Home > Latest

The **Digital 5 A Day** provides a simple framework that reflects the concerns of parents/ carers as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time.

Based on the NHS's evidence-based 'Five steps to better mental wellbeing', the 5 A Day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

**Children's COMMISSIONER**

### Social Media

The listed sites also give information on age restrictions and recommendations for use of apps such as WhatsApp, Instagram and Facebook.



### Gaming

The sites listed also provide advice and updates on gaming, age restrictions and privacy settings to ensure your child is connecting safely with people that they know and trust when gaming online.



The Browick Road Team.