

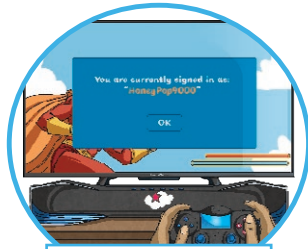
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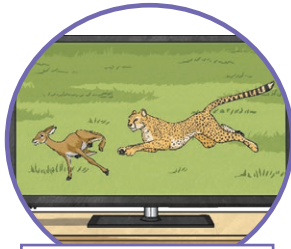
This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.

Internet Safety Guide

How might children use the Internet?



gaming



watching programmes



video calls



messaging



learning



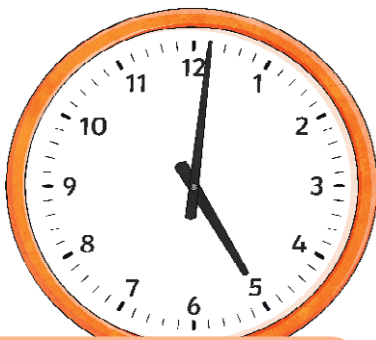
listening to music or stories



social media

Although young children won't be using the Internet in all these ways, they will learn from how we use it as adults. This means it is very important for us to model responsible Internet use and have a healthy balance of online and offline activities.

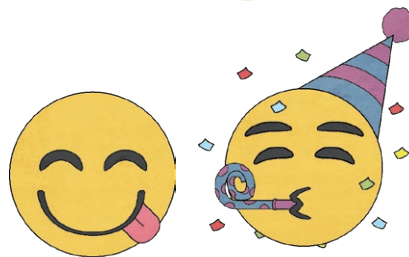
Our Internet use can affect our wellbeing. We can be affected by:



How much time we spend using the Internet



What we watch and engage with



How we interact with others online

How we portray ourselves online



How can I help my child to use the Internet safely and responsibly?

To help children stay safe and happy online, we can use these **SMART** rules!

- S Stay Safe:**
To help us stay safe online, we must remember to always keep personal information private. This might be our full name, date of birth, telephone number, address or school.
- M Meet:**
Never meet up with someone you have met online. If anyone suggests this, tell a trusted adult straight away.
- A Accept:**
Check with a trusted adult before accepting anything anyone sends over the Internet or clicking on any links. Files, videos or photos shared with you can store viruses or may be unsuitable or frightening.
- R Reliability:**
Always check the reliability of what you read online with a trusted source. People can write anything they want on the Internet so it is best to check with a source you know you can rely on.
- T Tell:**
Always tell a trusted adult straight away if you see anything that upsets, worries or frightens you online.

How can I help my child stay safe?

Talk about Internet use regularly, including safety and wellbeing. Keep conversations calm and positive so your child feels happy and confident.

Model responsible Internet use. Demonstrate a healthy balance of online and offline activities and have periods of the day when you are 'device free' to focus on what is going on around you.

Agree and set up apps, websites or games together and show an interest in how your child will use them.

Be approachable. Make it clear your child can always speak to you about anything at all that concerns them on the Internet and that you will help.

Talk about how our actions online can affect others. Remind children of the importance of showing kindness and respect online, just like we do with people around us.

Set up parental controls on Internet devices and home Wi-Fi access if possible. You can also activate 'safe search' settings on search engines and set up passwords on accounts to avoid in-app purchases.

Set up Internet devices, or agree they will be used, in shared, family spaces. This way it is easier for children to get help if they need it. Young children should not use the Internet unsupervised.

Talk about who your child's trusted adults are. Who can they tell if they are worried by anything they see?

If your child comes to you with concerns, remain calm and show interest. Thank them for coming to speak to you and talk about how you can work on this together.

How can I talk to my child about using the Internet safely?

Ask open-ended questions to let the child lead the conversation. You might want to try these:

What do you enjoy using the Internet for?

What can we do as a family to help keep each other safe online?

How do you find videos or games that you like online?

What would you do if...?

Is there anything that worries you about going on the Internet?

Where can I find more information?

www.childnet.com

www.internetmatters.org

www.saferinternet.org.uk

www.nspcc.org.uk

www.thinkuknow.co.uk