

Online Safety Newsletter

March 2024



With the Easter holidays approaching, children tend to use their devices more. According to internet matters, parents and carers are concerned with how much screen time their child has. They have produced valuable advice to support parents in determining how much a child should have.

They suggest:

- Agreed boundaries: set up a family agreement.
- Set up the correct parental controls.
- Talk regularly about the device and games.
- Find different activities to do during screen-time breaks.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age: <https://www.internetmatters.org/issues/screen-time/protect-your-child/>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be: <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

<https://www.internetmatters.org/resources/creating-a-balanced-diet-with-screen-time-tips/>

Does your child need their own phone?

If you are thinking about getting your child their own phone, then you may find this article helpful. Family Lives discusses things you may need to consider.

<https://www.familylives.org.uk/advice/primary/health-and-development/does-your-child-need-a-mobile-phone>

SNAPCHAT 13+



Snapchat is a social media app used to message and share photos and videos. Users are able to send 'snaps' that can only be seen for a set time, e.g. 10 seconds. Users are also able to upload 'stories', which disappear after 24 hours. For more information about Snapchat, please visit the link: <https://parents.snapchat.com/en-GB>

Snapchat has recently released new features that enable parents and carers to:

- View their child's story.
- Edit the story settings; see who your child is sharing their story with, e.g. friends or a smaller group.
- Contact settings: see who your child has been contacted by and the people who have added them as a friend.
- Location settings: see if your child is sharing their location on the 'Snap Map'.

You will also be able to restrict the use of Snapchat's 'My AI.' You can find out more here:

<https://values.snap.com/en-GB/news/expanding-our-in-app-parental-tools-2024>

The NSPCC provides further information about Snapchat, the risks involved with using it, and tips to help keep your child safe if they are using it. This can be found by visiting the link:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-snapchat-safe-for-my-child/>