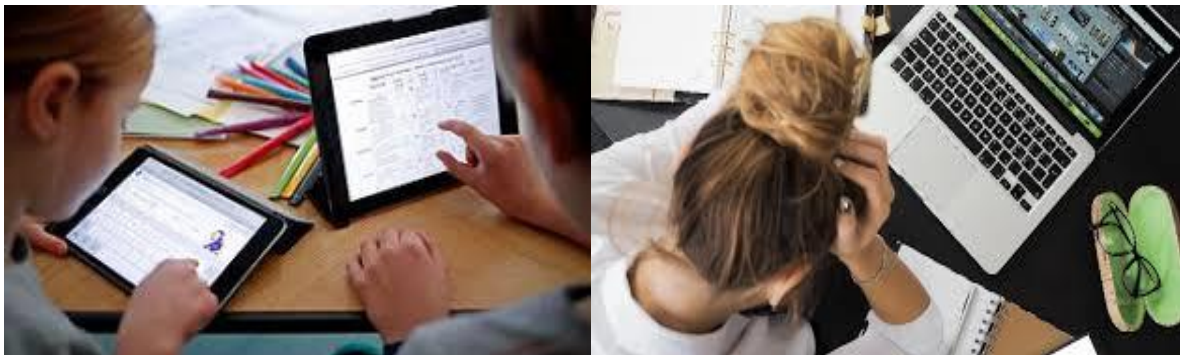


## Children working at home online: advice for parents



At this present time, your child is going to be spending far more time online than usual, both for social reasons and for schoolwork. Here are a few things to bear in mind...

- Don't worry so much about screen time, instead focus on screen use. There should be a balance of different activities.
- Nevertheless, we all need breaks from technology. Guidance suggests that mealtimes should be free of technology and young people shouldn't have devices in their bedrooms overnight. Age will be a factor here.
- Take time to talk to your children to understand what they are doing online. Don't always assume they are up to no good! If they have a negative experience online, for whatever reason, you would want them to talk to you about it.
- Allow young people some privacy. They can't meet up with their friends at the moment. A lot of their socialising will be taking place online and they need to be able to talk to their friends openly. Some trust will be required here.
- Be aware of your child's mood and alert to their mental health. The risk of online bullying still remains and is possibly greater now that children are interacting so much online. **If you have any concerns about the safety of your child, please contact [school details].**
- Please be reassured that staff will set work using appropriate and approved online platforms and resources. If you have any concerns in this regard, please contact the

headteacher. Staff have received appropriate safeguarding training, particularly in light of the current situation.

- Schools will be applying filters to ensure that children do not access inappropriate content. You too might want to consider whether, and to what extent, you apply filters at home and on devices. Remember to balance this with the point made above about trust and privacy.

## Where can I go to get support to help keep my child safe online?

There is a lot of support available to keep your child safe online. Below are some useful links to help parents and carers:

- [Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and careers from the NSPCC)