

Life Online

As your child grows and becomes more independent, it's natural that this independence extends into the online world. Children use technology to explore, express themselves, and connect with others. While this brings exciting opportunities, it also introduces risks that parents need to be aware of.

Why Online Safety Matters

Children today are growing up in a digital world. What may seem confusing or overwhelming to adults is often second nature to them. Whether you're tech-savvy or just starting to learn, staying involved in your child's online life is essential.

Top Tips for Keeping Your Child Safe Online

1. Be Involved in Their Online Life

Children often don't distinguish between online and offline worlds. Talk to them about what they're doing online. If they know you understand, they're more likely to come to you for help.

2. Know the Age Limits for Social Media

Most social media platforms have a **minimum age requirement of 13**, including Instagram, Snapchat, TikTok, and WhatsApp. These limits are in place to protect children from inappropriate content and interactions. Children under 13 should not have accounts on these platforms.

3. Stay Informed

Use resources like the Thinkuknow programme, which offers age-appropriate films and advice for children aged 5 to 16. These can help you understand what your child might encounter online.

4. Set Boundaries

Just as you would in the real world, set rules for online activity. Discuss what they can view, share, who they can talk to, and how long they can spend online. These boundaries should evolve as your child grows.

5. Understand the Technology

Know which devices in your home connect to the internet—TVs, tablets, phones, gaming consoles—and how your child accesses the internet (e.g., home Wi-Fi or mobile data). This helps ensure safety settings are applied.

6. Use Parental Controls

Parental controls are tools to help set appropriate boundaries. They're not just for blocking content—they help guide your child's online experience. Most service providers offer easy-to-use parental control settings.

7. Talk About Online Strangers

Make sure your child knows that not everyone online is who they say they are. They should **never meet someone they've only spoken to online** without a trusted adult present.

8. Know What to Do If Something Goes Wrong

If your child encounters something upsetting or inappropriate online, reassure them that they can talk to you. Know how to report content or block users on the platforms they use.

Important Update from Our School

Due to concerns about harmful and misleading content, our school has removed its Twitter/X account. We believe this platform no longer aligns with our values of promoting a safe and positive online environment for children.



Ninian Park Primary
School



What is my
child doing
online?

Enjoy ~ Respect ~ Achieve

What is my child doing
online?

A guide to safer gaming

What is my child doing online?

The most common forms of online activity for young people nowadays are:

- Socialising
- Gaming
- Watching videos
- Searching
- Sharing and messaging
- Using a mobile phone

Gaming

The internet has changed the way that young people play games. Games can be played against anyone in the world, at any time and for as long as you want.

In the past, computer games were something you played against the computer, or friends that came round to your house. They were also something that you 'completed' and then moved onto the next one.

Online, you can adventure in complex worlds, create characters, and meet and make friends to fight battles and go on journeys together...



Almost anything that connects to the internet will allow you to play these games - tablets, desktop computers, laptops, consoles, like Playstation or Xbox, and mobile phones.

Gaming is great fun, but just as with anything online there are risks you should help your child navigate. It's important that you're involved in your child's experiences, even if it feels like a different world! Here are some simple ways to help your child game safely.

Check the age rating of the game

Just like with films, you should check the game's age rating before allowing your child to play. The organization 'PEGI' set age ratings for games and classify their content according to what is appropriate for different age groups. The rating will help you decide whether the game is suitable for your child.

Talk to them about the games they play.

Ask your child what is hot, and what is not! Get them to tell you about the game and, if they can bear it, play against them!

You might want to ask them:



- What they like about it?
- Which of their friends play it?
- Who are their friends in the game?
- To tell you about their character and profile.

It is important to stay up-to-date and regularly ask your children about the games they play and the people they are friends with.

Look for the games advice.

When you know the kind of games your child is playing, go on and take a look.

Look to see if the game has advice for parents and carers.

Enjoy ~ Respect ~ Achieve

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