



ONLINE SAFETY NEWS

Summer 2 2022

PARENTS' GUIDE:

LET'S TALK ABOUT LIFE ONLINE

Setting up Parental Controls

The online world gives everyone access to a huge amount of information, images and services, and this inevitably includes content that is inappropriate for children.

Parental controls allow you to block and filter upsetting or inappropriate content. Setting up parental controls and individual safety settings on your child's favourite app or game, can help stop unwanted contact from people they don't know.

NSPCC has produced a guide to the different ways that you can set up parental controls to help keep your child safe online.

[CLICK HERE](#)



NSPCC

Keeping under 5's safe online

It's never too early to start taking action to keep your child safe online.

As soon as your child starts talking about or exploring the online world, you should start conversations with them about their online activity and put support in place.

Visit the **Thinkuknow** website to read their article which looks at the benefits of children accessing the internet and how to make sure your children have a safe experience online.

- Explore together
- Talk to your child about their online experiences
- Supervise your under 5 while they're online
- Parental controls
- SafeSearch
- Set boundaries
- Lead by example

[CLICK HERE](#)





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Helping children cope with media coverage of traumatic events:

Seeing coverage of upsetting local and world events in the news, online or on social media can be distressing for children, especially given today's 24-hour news availability. There are things parents can do to help children make sense of them.

Parentzone suggests five steps to help children cope with distressing events and suggests further support resources.

1. Give them space to talk
2. Create a sense of calm
3. Reassure them
4. Keep things simple
5. Listen to their views

Read the full article here:

[CLICK HERE](#)



Ollee – 'Your helpful digital friend'

Ollee is a new app developed by Parent Zone and Children in Need and it allows children think about their feelings, get advice, and most importantly, start talking to a trusted adult. It is designed to stop small worries growing and getting out of hand.

Children can choose a subject they want to talk about, this might be; school, friends, family, their body, the world and internet. They choose an emotion that matches how they feel and this leads to a page of helpful advice.

Children under 13 will need parent or carer approval if they wish to make an account to enable them to save advice. They may wish to use the app without an account.

Find out more or download the app: Ollee

[CLICK HERE](#)

