

VENTURE MAT ONLINE

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Issue 12



Safer Internet Day

The theme this year for Safer Internet Day was **'Want to talk about it? Making space for conversations about life online'**. Throughout the week children took part in different activities encouraging them to talk about their worries and who they can talk to if they have a problem.



Hanni and the Magic Window is a story that we shared with some of the children. In the story Hanni sees something that makes her feel uncomfortable, she becomes withdrawn and lonely. Hanni is then given a chance to talk about what happened and is encouraged to talk to her mum. This was a great way to remind children who they can talk to if they have any worries and also showed them that talking about their worries can make them feel better.



The children were encouraged to talk about what they enjoyed doing when online and things they do to keep themselves safe.

One activity in KS2 was particularly interesting, children were asked to place different digital milestones onto a timeline, deciding at what age they thought they should occur. Some of the milestones included when they thought they should get a phone, or when they thought they should be able to download an app or game without needing permission. This activity led to some very interesting conversations.



The main message to all children was that there is always someone they can talk to if they have worries about their online safety, whether that's adults at home, staff at school or organisations like [Childline](https://www.childline.org.uk).



Conversation Guide

Talking to your child is one of the most effective tools in keeping your child safe and when dealing with online safety incidents.

Internet Matters has produced a helpful guide on how to talk to your child about their worries and concerns. The guide explains how to create a space where children feel they can talk and share their worries. It also gives you some ideas to talk about, including personal safety and their online reputation.

[internetmatters.org](https://www.internetmatters.org)



Talk little and often with your children about what they like to do online, talk to them about what they should do if something goes wrong and ask them to show you what they do

when online. If you take an interest in what they do online, they may be more likely to talk to you if they do have any worries or concerns.

Remind children that they won't get in trouble if they come to you with their problems as this will encourage them to talk to someone if they do encounter a problem. It's very easy for mistakes to happen online, the internet wasn't made with children in mind and unfortunately adult users and content are often just a few clicks away. The problems children encounter are often made by mistake.



The complete guide can be found here:

<https://www.internetmatters.org/wp-content/uploads/2023/01/Internet-Matters-Create-Environment-for-Kids-to-Talk-Jan-2023-2.pdf>

Childnet also has a guide called 'Let's talk about life online'. This guide has further advice on talking to your child about online safety. The guide also has some very good ideas for how to start conversations with your child, including the more difficult topics.



'Let's talk about life online' can be found here:

<https://www.childnet.com/wp-content/uploads/2021/11/Lets-talk-about-life-online.pdf>

Screen Time

As we are starting to come into spring, with more daylight and hopefully sunshine, it's important to review your child's screen time balance and encourage them to spend more time outside.



There is no set amount of time that is appropriate for children to spend online, everyone's levels are different. Some children will enjoy more screen time than others.

The signs that your child has a healthy amount of screen time are:

1. They are physically healthy.
2. They are getting enough sleep.
3. They are engaged and learning in school.
4. They are socially interacting with family and friends.
5. Their behaviour is good.
6. Their time online is fun.



Screen time is not always bad! It gives access to information and knowledge, it can help children socialise - especially those that might find it harder in real life, it can encourage creativity, it can

help develop children's hand-eye coordination and it can be fun and relaxing.

In our digital citizenship lessons we learn about finding a media balance and when we should have device



free moments. This encourages children to think about how they feel whilst having screen time and when it is appropriate to put down their devices, such as bedtime, when they need to concentrate and when having conversations with others.

Some signs that your child may be having too much screen time are:

- They become distracted and find it hard to concentrate.
- They are often tired.
- They are unusually emotional or upset.
- Their behaviour declines and they become more disruptive.



There are a few things that you can do to help control your child's screen time such as:

- Using parental controls to set limits.
- Use night settings before bed - these turn on the blue light filter.
- Turn off devices at least an hour before bed.
- Turn off autoplay, making the child more aware of how many videos they have watched.
- Review your own habits and set a good example!

How to report an incident

If your child tells you or shows you something inappropriate that they have seen online please report it. It could help prevent this from happening to someone else.

The first place it needs reporting is to the APP/ Website/Game it happened on.

If you are worried about online abuse or the way someone has been communicating online let CEOP know. You can report it by visiting www.ceop.police.uk/ or by clicking the button on our website. The website will guide you through how to make a report.



For further advice visit the School's website, visit the [Childline](http://Childline.org.uk) website or call 0800 1111

