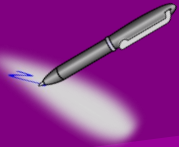


Create a Family Charter:

As a family, discuss and draw up an e-safety agreement. Ask everyone to sign it before displaying it somewhere around the house.



Use Parental Controls:

Parental controls can be used to monitor children's online usage and block particular apps /website. They can also be used to set up time limits.



Learn About Age Ratings

Navigate to www.PEGI.info to learn about the age ratings and content descriptors of video games. You can also recommend sites for younger users, such as www.kiddle.co and YouTube Kids.



Take a Break:



As much as the internet is an amazing resource, it's also important to spend some time offline. Encourage the children to get active, practice mindfulness, learn something new or connect with family.

COVID-19: E-Safety Guide

Due to the Prime Minister's decision to enforce school closures, we are aware that students are accessing the internet more than ever to support them with their home learning tasks. We understand that it can be daunting for parents to manage their children's use of technology at home. Therefore, we have put together this guide, which we hope will support you to ensure your children are happy and safe online.

Some Useful Sites:

internet
matters.org

<https://www.internetmatters.org/>

Net Aware

<https://www.net-aware.org.uk/>

THINK
U
KNOW
.co.uk

<https://www.thinkuknow.co.uk/>