



Did you know? – **Limit screen time** – Using a device, especially before bedtime, can interfere with a child's sleep quality and reduce their concentration.

ONLINE SAFETY TIPS FOR CHILDREN WITH NEW DEVICES

1. **Always set a password** – your child's password should be something memorable to them, but which other people cannot guess (write it down in case it gets forgotten).
2. **Set up parental controls** – this is essential when your child gets a new device so that they are protected straight away. It will give you (parents) piece of mind.
3. **Pay attention to age ratings** – before your child downloads or installs a new console game, check the age rating. Many games/apps have inappropriate content not suitable for younger children.
4. **Keep numbers and devices private** – make sure your child understands NEVER to share their name, address or phone number with someone they don't know.
5. **Discourage device dependency** – it's easy for your child to get attached to devices quickly. Ensure they have family time, going outdoors and getting exercise.
6. **Explain secure WiFi networks** – your home WiFi is protected by a password only you know whereas public WiFi (in shops etc,.) can be accessed by anyone. Make sure your child knows the difference.
7. **Limit screen time.**
8. Be there if they need to talk – if your child sees something online that bothers them, take time to listen and reassure them. Decide if you should take action like blocking or reporting.

BRAND NEW

National Online Safety Mobile App

It's time to get **#OnlineSafetySavvy**.

Children are spending more time than ever online. Adults/parents need to keep children safe online. How can you stay up to date with new apps, games and platforms?

This is the new National Online Safety mobile application. This app helps adults/parents to understand and address online safeguarding risks.



SAFEGUARDING AT EVERGREEN

Evergreen Primary Academy takes the safety of pupils, parents and staff very seriously. It is everyone's responsibility to act if they feel that a child is not being cared for properly, is being harmed or is at risk of harm.

If you have a worry, you can speak to Ms Barkham, Mrs Vincent, Mrs Duale or Ms Counsell.



