

## SWGFL Online safety workshop

Thank you for attending our Online Safety Workshop with Ken Corish from SWGFL last month. I hope those of you unable to attend have been able to watch the recording. Ken's [presentation](#) can still be viewed if you want to see what he talked about.

Key messages from the training were:

- Children are surrounded by a world full of technology so we need to support them with navigating it as safely as possible. Keep having open discussions with your child about the benefits and risks of the internet. There are lots of useful resources at <https://www.internetmatters.org/resources/esafety-leaflets-resources/> including some conversation starters.
- It is a good idea to agree boundaries with your children about the length of time they can use a screen for and the types of online activities they can do. Draw lines that are not negotiable and never move the lines back.
- Model the sort of behaviour you expect from your child, so try not to use devices at the dinner table or during a conversation, for example.
- You can access your router to restrict access to certain content or set timers for internet usage. There should be a number on the bottom of your router for this. Common numbers are 192.168.0.1 for Sky and Virgin Media, 192.168.1.254 for BT and 192.168.1.1 for TalkTalk.
- There are useful checklists for setting up social media at <https://swgfl.org.uk/resources/checklists/>
- Talk to your child about password safety. The best passwords are made up of three short and easy to remember words, such as redcatpig.
- [Swiggle](#) is a child-friendly search engine and you can set this up to be your default search engine.

If you have any questions about Ken's presentation, do ask me or contact Ken himself through [swgfl.org.uk](https://swgfl.org.uk)

Mrs Rean

## Online games

Ken Corish shared the surprising statistic that the average age of a gamer is 35. It is important to remember that shops are full of games with an '18' rating because they are aimed at older gamers rather than children.

Is your child playing or watching others play games online? Your child could be using Twitch, Steam, Roblox, YouTube etc to access games or watch others play. We need to make sure that what they are viewing is appropriate for them. It is important to talk to your child to see what they are interested in so you can have a look first to see if they are appropriate. For example, there are games that may appear to be appropriate but are actually horror/ survival games and characters can turn more sinister as the game progresses. It is important to remember that children may be playing the game, watching videos of it on sites such as YouTube or playing replicated versions on Roblox, for example.

Further advice is available at <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

## YouTube

YouTube is intended for users over the age of 13. However, the App store rates YouTube as 17+ due to the content that can be found on there.

### How can I make YouTube safer?

- Turn on Restricted mode as this restricts the availability of mature content. You will need to set up a Google account to do this.
- Explore YouTube together and see what they like to watch. Make sure your child understands that they can talk to you if they see anything that makes them feel uncomfortable online.
- Ensure your child knows how to report inappropriate content.



### YouTube Kids

YouTube recommends that YouTube Kids is used for children under the age of 13. Find out more here: <https://support.google.com/youtubekids/answer/6172308?hl=en-GB>

### Posting videos

You should be over 13 years of age to post videos. Talk to your child about posting videos. Do they understand what information they should keep private?