Best Future's E-Safety Newsletter Spring Term

Best Futures School
Where Children Come First

Helpful tips on talking to your child about online safety.
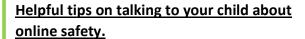
For many children online and offline is just a way of life, seeing no difference between the two and with technology rapidly changing it is making it more challenging for parents to keep up with what their child is doing online. Having regular conversations with your child about who they are speaking to and the potential risks and issues they may come across, can help put your mind at rest and know that your child is safe. The NSPCC have put together a helpful guide on age-appropriate conversation starters. Please see below for further information:

[Teaching Your Child about Internet & Online Safety | NSPCC](#)

Limiting Screen time tips.

Children can often spend a lot of time online, and this may negatively impact on their wellbeing. To help children have a healthy relationship with technology it is important that parents help their children find a right balance with screen time.

Internet matters have put together a useful parent guide to help parents manage screen time.

- Make a family agreement.
- Choosing the right level of parental controls.
- Regular chats with your child about their online activity
- Set boundaries.
- Do not use screen time as a reward.
- Spending quality time together.

Please see the link below for further information:

[Managing children screen time - Parent advice | Internet Matters](#)

Welcome to Best Futures' E-Safety newsletter.

The world of online safety is constantly evolving. Best Future's E-safety newsletter will help parents to keep current with changes, helping you to help keep your children safe.

What is Palworld.

Palworld is a new game that has similarities to Digimon and Pokémon with a PEGI rating of 12, this is due to the character violence, weapons, and the option to interact with strangers. Younger children are likely to be drawn to this game due to being like Pokémon. Internet matters have created a parent guide, explaining what the game is, how it is played and safety settings. Please see below the link to access the guidance:

[What is Palworld? Safety guide for parents | Internet Matters](#)

How old does my child need to be before using social network platforms?

Knowing when your child is old enough for social media can be a bit of a mind field, however most social media sites are age rating 13+. Internet matters have produced the brilliant resource explaining the minimum age for several well-known social media platforms as well as highlighting the risks of being underage on social media. Please see the link below:

[What age can my child start social networking? - Internet Matters](#)

If you have any concerns regarding safeguarding, including online safety you can contact the Designated Safeguarding Leads: Kara Bradley or Abigail Moore on the office number 01472 278978.