Parent Online Safety Newsletter

Welcome to our Spring 2 Edition

Watching and browsing online
https://www.internetmatters.org/

Children love streaming videos and browsing the web—it's a fun way to learn and relax. But it's important to guide them to safe, age-appropriate content.   This guide will help you support children to agree to digital boundaries, make smart choices, and build healthy online habits.

Supporting children watching and browsing online
According to Ofcom, the online safety regulator, a significant majority of children are watching online videos regularly. and browsing the internet. This represents over 90% of children. Explore the hub to get help on the best ways to navigate parental controls, set healthy screen time habits, and encourage safe, age-appropriate online activities.

How to support safe watching and browsing
Set age-appropriate restrictions
Use parental controls to limit access to content suitable for your child's age group. Most platforms, like Netflix, YouTube Kids, and BBC iPlayer, offer child-friendly settings that block inappropriate videos and shows.

Tip: Regularly review settings as your child grows older and their interests change.

Monitor Screen-time
Spending too much time online can lead to tiredness, reduced focus, and even affect emotional well-being. Establish screen time limits to ensure a healthy balance between online and offline activities.

Ideas for balance:
- Encourage device-free meals and bedtime routines.
- Set a daily limit for streaming or browsing.
- Use timers to remind kids when it's time to take a break.

Explore together
Watching and browsing together lets you guide your child's choices while creating opportunities to bond and discuss what they're consuming.

Ways to get involved:
- Share family-friendly shows or YouTube channels you both enjoy.
- Discuss what they've watched—ask questions about characters or lessons from the content.
- Use educational videos as a springboard for learning new skills or exploring interests.

Teach safe browsing
Help your child understand the importance of staying safe while exploring the internet. Encourage them to stick to trusted sites and avoid clicking on unfamiliar links or ads.

Top tips for safety:
- Use child-friendly browsers or search engines like Kiddle or Swiggle.
- Explain the risks of sharing personal information online.

- Show them how to recognise and avoid fake news or clickbait.

Making online viewing safer for children
Children love watching their favourite shows, exploring educational videos, or discovering new websites, but not all content is suitable for young viewers. Here's how you can create a safer online environment for your child.

Turn on content filters and parental controls
Most streaming platforms and devices offer built-in parental controls to filter content. Take advantage of these tools to restrict age-inappropriate content.

How to get started – click on each heading for more information:
- **YouTube Kids**: Customise viewing limits and block unsuitable videos.
- **Netflix Kids**: Set up a child-friendly profile to restrict mature shows.
- **Smart TVs and devices**: Adjust settings to enable restricted modes or family filters.

https://www.internetmatters.org/parental-controls/uncategorized/entertainment-search-engines/

Stick to trusted platforms
Guide your child to use websites and apps that are designed for children. Popular, reliable options include:

- **BBC iPlayer Kids**: Fun, educational shows tailored for young audiences.
- **CBeebies Website**: Interactive games and videos that help young children learn while they play.
- **National Geographic Kids**: A mix of videos, quizzes, and articles that spark curiosity about the world.
- **YouTube Kids:** Offers curated content for younger children to watch and parental controls to manage screentime.
- **Swiggle:** Child-friendly search engine for kids.

Watch and browse together
Whenever possible, co-watch shows or browse websites with your child. Not only can you ensure the content is appropriate, but it's also a great way to bond.

Why It Helps:
- You can explain confusing or sensitive topics.
- It's a chance to reinforce family values through discussions about what you've watched.
- You'll learn more about your child's interests and preferences.

USEFUL LINKS
Managing online screentime
From online lessons to streaming their favourite shows, children spend more time than ever on screens. To help children strike a healthy balance take a look at practical tips that can work for your family.
Watching-and-browsing-online-a-parents-guide/managing-online-screentime

Safe browsing tips to support children
Browsing the internet lets children discover all sorts of exciting things, from cool facts to new hobbies they love. But not everything online is safe or right for them. By teaching them good habits and using tools to protect them, you can make their time online both safer and positive.
Watching-and-browsing-online-a-parents-guide/safe-browsing-for-children

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Watching-and-browsing-online-a-parents-guide/watching-online-safety-advice