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Parent Guide

Supporting your child with Internet Safety

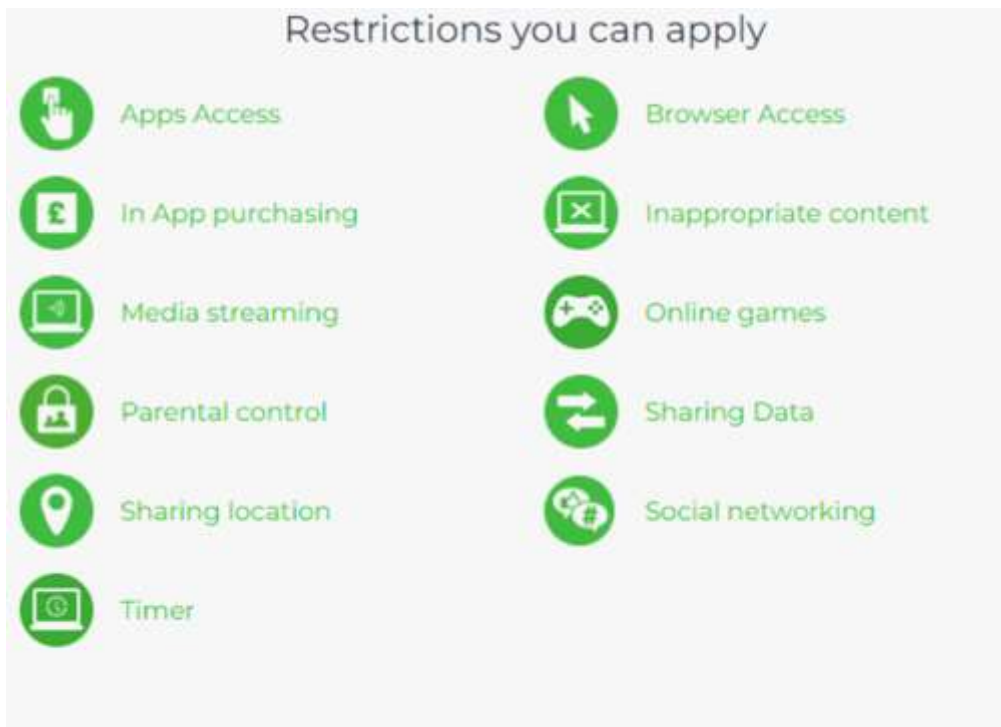




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Screen Time

Children are using devices at a younger age, so it's important to consider setting controls on the devices they use. These guides give you simple steps to manage everything from location tracking to social media use and parental controls.



Step-by-step Guides



<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>



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Web Safe Browsing



The internet is a public and open place, one where anybody can post and share content. This is part of the fun but it does mean that your child might see something that is intended for adults which might confuse or upset them. This could be violent or sexual content, extreme opinion or inappropriate advertising. No matter how young your child is, if they are using the internet you will need to have the conversation with them about 'things they might see' online.

How to set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home.



<https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>



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Top Tips

1. Get involved in your children's online activity at home and talk

Check you know what applications they are using, especially chat rooms and games played with others online. Ask who their online friends are. Get them to teach you about how things work. Set up accounts with them.

2. Support school

We have an acceptable use policy at school. Use the Family agreement at home. Report any concerns.



3. Encourage Internet use that builds on offline activities

It helps to keep the computer in a family room not tucked away in a child's bedroom. Help your children to use the Internet for homework and leisure interests. Do things together. Reflect on how much 'gaming' time they have.

4. Use some of the tools on the computer to help

Parental settings as found in the screen time section previously.





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Useful Links



Supporting families online

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly. Use the links below to help you get what you need.

1. Concerns on how your child is using the Internet and how to report incidents

:

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



2. Online Issue, Setting Controls and guides:

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



3. Social Media Guides:

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>





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Q&A Session

Please ask any questions.

We will read through and try our best to answer all of them!

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Please list any questions or concerns you may have below and we shall try to answer them in this session



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Supporting your child with general concerns



PARENTAL GATHERING

Supporting your child with general concerns
(punctuality, use of technology etc.)

Monday 15th April
8.45am-9.30am



Parent Gathering Dates 23/24
11th September, 9th October, 6th November,
11th December, 15th January, 5th February,
4th March, 15th April, 7th May, 3rd June, 1st July





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Being punctual



Your child needs to understand that being punctual is a life skill – if you are late for a flight or a job interview, you'll miss out!

Consider:

- How long does it take your child to walk to school?
- What time does your child have to leave the house to be on time?
- Is your child meeting with their friends on route?



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Healthy eating habits

A healthy, balanced diet is critical for your child's overall health, including their brain health.

Consider:

- Is your child eating and drinking the right foods at school?
- What is your child eating and drinking before they get to school?





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Appropriate use of technology

How much time is too much time on gadgets?

Children use and know more about social networks than their parents.

There's a new one cropping up seemingly everyday, and sometimes it can be hard to keep track.

Do you know your Kik's from your Snapchats? Your Instagram's from your ooVoos? No? Well don't worry, you're probably not alone.



SHOW INTEREST IN THEIR LIFE
AND WHAT APPS THEY ARE
USING AND HOW THEY WORK



MODEL RESPONSIBLE
SOCIAL MEDIA BEHAVIOUR
YOURSELF



TALK TO YOUR CHILD ABOUT
WHAT IS GOING ON ONLINE
AND WHO THEY ARE TALKING
TO



ENSURE YOU HAVE
YOUR YOUNG CHILD'S
PASSWORDS AND PINS FOR
DEVICES AND APPS



LISTEN IF THEY SEEM DOWN
OR CONCERNED ABOUT
ANYTHING THEY HAVE SEEN
OR EXPERIENCED ONLINE



REPORT ANY SERIOUS
CONCERNS OR SEEK
FURTHER HELP



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Setting routines

Your child needs to have an allotted time everyday to complete work at home





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Regular checking slots

*Your child
needs your help
to provide
regular check
ups on home
learning*





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Pack bag the night before

Your child needs to pack their bag the night before so that they are prepared for learning





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Routines/habits

*Your child
needs to
develop
routines and
instil daily
habits*





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