Maintaining positive relationships

As part of our ongoing commitment to Online Safety, through our PSHE lessons, we have been teaching children how to maintain positive and safe relationships online.

Our curriculum has focused on understanding the dangers of meeting/interacting with strangers online, how belonging to an online community has positive and negative consequences, the rights and responsibilities children have online and whilst playing games online, how screen time should be limited and how to safely communicate with friends online.

We understand that being online is a fantastic tool to help us learn so much about the world and people in it. Lots of fun can be had online but only if we understand that whatever we do online can have negative consequences. This can lead to harming other people's perception of us or causing emotional distress to others for example, through sharing of photos/videos which are then permanently on the internet. The children understand that we should not provide personal information or photos/videos of ourselves. They know that being respectful of other people's decisions is the best way to stay safe online and maintain positive relationships to obtain the best experience online.

Top Tips for parents

- ➢ Limit screen time on all devices whether it is a daily limit for up to 1 hour or a weekly limit. According to Ofcom (2019), on average, 8-11 year olds are spending 13 hours and 36 minutes online a week.

- ➢ Ensure devices are switched off at least an hour before bedtime to allow the child to relax and be ready for a good night's sleep. This is very important as some children are tired and this affects their performance at school.

- ➢ Ensure parental locks are set for your child using the internet so they are not accessing inappropriate websites/content

- ➢ Monitor what children are looking at online in case of popups.

- ➢ Children in primary school should not legally be using social media apps because the minimum age is 13. If you allow it then please monitor what is being written/sent/posted etc to ensure your child is safe.

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