

Keeping children safe is everyone's responsibility



Safeguarding Tip Of The Week

How can going online affect our wellbeing?

There are lots of positives for children being online, however there can be negatives too. For some it can become overwhelming trying to keep up with friends, and the pressure can mount.

Many things can impact our online wellbeing, and you can take control of the choices made to reduce any negativity. Being aware of the impact of being online, just like you would be aware of the impact of offline activities, is the first step to managing your children's online wellbeing.

We can:

manage the content that our children see,

ensure interactions are suitable

and manage how long they're online, in balance with other activities.

There are several things you can do to help support a child with their wellbeing online, including specific apps, and looking at settings.



Chat to your children about what they like to do online:

The best way to find out what your child is doing online is to talk to them and have regular conversations so that online safety is part of everyday discussion. Ask them open-ended questions like 'What's your favourite game or app to play on?'.

- Listen to what they have to say and show an interest.
- They could give you a demo of their favourite app
- They will probably be able to teach you things you don't know! This will also give you an opportunity to chat about any safety settings they might already have in place.
- Regular conversations with your child will encourage them to come to you if they ever need support or advice.



There are sites and apps which are specifically designed to help children with their online wellbeing:

BBC Own it which gives advice as they chat to their friends online. <https://www.bbc.com/ownit>

Headspace for Kids is an app to teach children the basics of mindfulness in a fun way. It's aimed at 3-12 year olds, with different content for the different age groups. Free for Headspace subscribers, limited access for non-subscribers. <https://www.headspace.com/meditation/kids>

You can also find out what apps your child uses the most and have a look to see if there are wellbeing guides which explain their settings to help support children's wellbeing.