



# Online Newsletter

## June 2020



**#OnlineSafetyAtHome**  
From Thinkuknow



Follow the links below to THINKUKNOW'S #OnlineSafetyAtHome packs. They're updated regularly.

There is also a new video for parents all about live streaming:

**4-5 years**

**5-7 years**

**8-10 years**

**11-13 years**

**14+ years**

**Live streaming**

### MANAGING CHILDREN'S DIGITAL WELLBEING

Get advice to help children develop critical thinking, self control and coping strategies to deal with online risks ([www.internetmatters.org](http://www.internetmatters.org)).

Click on the poster for further information.

**Step 1**  
**Understanding the online risks**

Help children get to grips with the types of risks they might be exposed to based on the website, apps and devices they use. For example if they're on social media having a conversation about issues around managing relationship online, cyberbullying and sexting will help them to know what to look out for and take appropriate action.

**Step 2**  
**Knowing where to go for help**

Equip your child with the knowledge of where to get support. Whether it's a helpline like Childline, reporting tools on apps or a supportive network of friends and family, it's important they know that if they can't talk to you about something there are a number of places that can support them.

**Step 3**  
**Learning from experiences**

Encourage children to explore the digital world in an age-appropriate way, so they can learn to manage challenges and develop good judgement. It is not possible to teach them self-control, risk management or how to take advantage of online opportunities if they are not given the chance to practice online.

**Step 4**  
**Recovering from experiences with the right support**

Even with the best intentions there may be times that children are affected by something they experience online. To support them assess the situation and find ways to deal with it together. Depending on the situation seek advice from specialist organisations or your GP to give them the best chance to recover and regain their confidence.

### JOYPOP



Joypop is an app designed to help kids with their emotional wellbeing. Start the day by letting the app know how you feel. If you're feeling down, it will guide you towards activities you can do to help make yourself feel more positive. It also has a fantastic 'journal' feature that lets you update how you feel, using words or emojis, throughout the day. Click on the JOYPOP logo for further details.

Click on the images to the right for more help on protecting your children online.

If you have an urgent online safety concern that you feel you need support with, please contact your child's school:

**Priory Fields:** 01304 211543

**St Martin's:** 01304 206620

**Vale View:** 01304 202821

Remember, if you think your child is in danger you should call the police.

