INTERNET SAFETY

BRILLIANT BUT DANGEROUS INTERNET

The internet is a brilliant resource but the digital world is always changing. It is important to keep ourselves and children safe online.
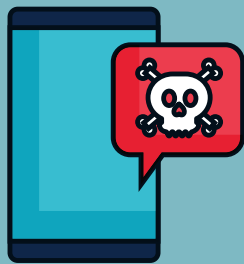
INAPPROPRIATE CONTENT

Vulgar language, sexual images, hate speech and graphic violence can be harmful to an impressionable child.

ONLINE PREDATORS

Adults who use the internet to groom children are known as online predators. They often impersonate as a child.

Go to **LSLSSP** **YouTube** channel and listen to the latest *Podcasts about Mental Health and Wellbeing*

CYBER BULLYING

It is estimated **1 in 3 children have been bullied online**. Cyber bullying is any aggressive, threatening, or mean-spirited activity conducted via electronic communications (Safewise, 2019).

ONLINE SAFETY TIPS

· Talk to your child about online safety early.

· Ensure you protect your child's personal information.

· Use parental controls to filter, restrict, monitor and report

· Ensure your child only accesses age appropriate material.

· Know who your child is speaking to online.

· Set online rules and boundaries for example the time allowed online.

HELP AND SUPPORT

Gaming addiction - Some children are susceptible to gaming addiction in the same way others are susceptible to becoming dependent on alcohol. Call Video Game Addiction UK for immediate confidential help and advice 24/7 - 08000 886 686.

Social Media Pressure - More than eight in 10 (84 per cent) said they think pressure to conform to a certain look is also one of the main causes of mental ill-health among teenagers (Shout UK Survey, 2019). For more information about keeping your child safe online visit **https://www.internetmatters.org/**