

# Safeguarding during School Closures due to the Corona Outbreak – Parent/ Carer Advice

## FOR PARENTS AND CARERS:

Your daughter is likely to be online much more over the coming weeks, possibly using her computing devices or mobile phones to access virtual classrooms and learning material as well as other entertainment. The risks will vary depending on their age, but here are some tips to help keep them safe and healthy:

### Technical Tips:

- Ensure your passwords are strong and secure for your router and any accounts that your daughter might be tempted to access.
- Make sure all your devices have the latest software updates
- Keep anti-virus software up to date and consider installing parental control software to protect children from stumbling across inappropriate content. Example: <https://www.internetmatters.org/parental-controls/> Shows parents how to set up parental controls for the different devices.
- Be aware of **fake news and scams**; these are already emerging.

### General Tips

- Ensure that your daughter logs out of her school Google account after each session
- Check that there are no other windows open on the device your daughter uses during an online lesson (eg. online games)
- Agree some ground rules about screen time and breaks – it's much easier to do this in advance than argue about it later. Keep an eye on their posture too and encourage your daughter to look into the distance every 20 minutes to prevent eye strain .
- Remind your daughter about the need to keep personal information private and not to be tempted to over share or click on links or free offers.
- Remind her only to communicate online with real life friends.
- For children using video chat, have a conversation about who they are chatting with and how they know them, to ensure their contacts are safe.

- Talk about good digital citizenship, about being kind and thoughtful in their online interactions and how thoughtless behaviour can both damage their reputation and hurt others.
- Reassure them that you are there to help if they have any worries about anything they come across online or about the current health crisis.

If you're finding it hard at home with your child and are struggling to cope, call Family Lives for free. Confidential advice on 0808 800 2222

If you are worried about your child or another child, call the NSPCC on 0808 800 5000. Or call the police on 999 if you think a child is in immediate danger.

**Be Safe Everyone**