

Welcome to the October 2024 Scomis Online Safety Newsletter for Parents/Carers

New to the Scomis Online Safety Newsletter?

Welcome to the Scomis Online Safety Newsletter for parents/carers. The aim of this half-termly newsletter is to signpost parents and carers to websites which will provide:

- Online safety advice and guidance for parents and carers
- Raise awareness of current Online Safety issues
- Information on how/where to get help

Remember to talk to your child about Online Safety

Be aware of key issues! How?

Visit the following websites to find out:

Internet Matters – [Advice by Age](#) includes: [checking age requirements](#)—inappropriate comments, [activate parental controls](#)—Apple phone and iPad [balance screen time](#)— 5 top tips. download the guide [here](#)

How you can protect your child

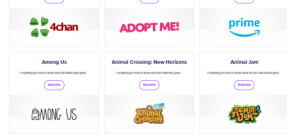
Children use the internet in different ways depending on their age, [Internet Matters](#) has developed checklists for parents /carers that provide top tips on how to help them stay safe. Guides with videos are available for:

[0-5s](#) [6-10s](#) [11-13s](#) [14-17s](#)

Help children understand the dangers of sharing personal information, the best ways to balance screen time and more with the age-specific guides available [here](#)

Parentzone – free digital [Guides for parents](#) including social media, parental controls for Netflix, Peer pressure, PEGI Ratings, Disney+ and much more. Explore the Parentzone library [here](#) and find out about:

- Amazon Prime
- Animal Crossing
- Chat GPT and AI
- Fortnite
- Smartwatches
- Zoom and much, much more!



CommonSense Media – [Age based media reviews](#) for families, including Games, Apps, Films and TV, books. Reviews for what your kids are into (before they get *into* it) Trusted ratings created with families in mind. Including:

[How to help spot misinformation and disinformation](#)

Teach your child how to treat fact from fiction!

[How to talk about crime, violence and war](#)

Get ideas for supporting your child

[Parents ultimate guide to Generative AI](#)

Find out about Generative AI and how it's being used:

- [Key terms to know](#)
- [Common concerns and challenges](#)
- [Benefits of Generative AI for teens](#)

Need Help?

Worried about what a child or young person may have experienced online, contact the NSPCC helpline for free support and advice. Call NSPCC on **0808 800 5000** or [contact NSPCC online](#).

Keeping up to date with Media Sites, Apps and Games

Would you like to:

- Keep up to date with the latest sites, apps and games?
- Find out how to keep your child safe when playing online games?
- Access resources for children with [SEND](#)?

Visit [NSPCC's Chat App](#) site to find out more about Social media and Chat Apps including:

- TikTok; Instagram; WhatsApp

Find out more [here](#)

Activities to do with your child from NSPCC and Ambitious about Autism

[Sharing personal information](#)

[Friendships online](#)

[One page profile](#)

[Talking to people online](#)—visual article



Childline's Advice for Staying Safe Online

There are a number of things **you** can do to keep yourself safe online:

- Think before you post
- Don't share personal details
- Watch out for phishing and scams
- Think about who you are talking to
- Keep your device secure
- Never give out your password

Read how to keep you and your children safe online [here](#)

Find out more about:

- [Keeping your device secure](#)
- [Strong passwords](#)
- [Grooming](#)
- [Be careful about the websites you use](#)

Access and view a range of easy to watch videos on all sorts of things including

- Getting help [here](#)

PEGI Ratings

PEGI ([Pan European Game Information](#)) ratings is a popular gaming rating system used mostly in Europe and Asia.

PEGI ratings are quite easy to understand. They use a clear number to show from which age the game is suitable for. Find out more [here](#)



Remember! Children can contact [Childline](#) any time to get support themselves: 0800 1111