

# E-safety support



**13** I have the right to find out and share information

**16** I have the right to keep some things private

We all know that while the internet can be a brilliant resource and way to amuse yourself or keep in touch it also has its draw-backs. While we support children's rights to communicate and play we have worked hard to help them see their responsibilities in the safe use of programmes and apps that are designed for children.

We also recognise that many apps that children use are not intended for their age range – most social media and games apps recommend use at 13 years of age or above.

Below are two websites with information that will help you support this choice at home.

It's a terrific site that explains the content of apps, how children and adults use and feel about the apps. It is also regularly updated to include all current developments.

Follow the link or google 'Net-aware'.

<https://www.net-aware.org.uk/networks/?order=title> – click on an icon (app that the children may be using) for the information.



### What are people saying about Discord?

Children | **Parents** | Discord

<p><b>Mother</b></p> <p>"Discord, like other platforms, is full of adults and teenagers, not all of them will be lovely people, so use with caution - like any other social media platform." - Mother of a 10 yr old boy</p>	<p><b>Mother</b></p> <p>"It is too easy to create an account. If they have a lot of friends or join a busy server they could find bullying and other issues very easily. I think this app should be for older children and adults." - Mother of 13 and 16 yr olds</p>	<p><b>Father</b></p> <p>"Each discord server has its own rules and community standards, so important to check each one before allowing a child access." - Father of 7 and 9 yr olds</p>
--	---	---

# e-safety advice

Keeping up to date with what your children are doing online can seem daunting. Technology is constantly advancing and sometimes parents feel that their children know more about the internet than they do.

Whatever their age, we can help you to find out more about what they might be doing online and give you some simple, practical and easy advice on the steps you can take as a parent to keep them as safe as possible.

## How can I protect my children?

Children use the internet in different ways depending on their age and so we've developed checklists for parents that give you top tips on how to help them stay safe.



0-5

With so many websites and apps targeting pre-schoolers find out the simple steps you can take to protect your young children.

[READ THE GUIDE](#)



6-10

As internet use grows learn about the steps you can make to establish positive behaviour and how you can teach your child to stay safe.

[READ THE GUIDE](#)



11-13

As your child makes the important transition from primary to secondary school make sure your knowledge increases with theirs.

[READ THE GUIDE](#)



14+

As internet access becomes part of your child's daily life learn about how you can have positive conversations about their internet use.

[READ THE GUIDE](#)

<https://www.internetmatters.org/advice/digital-resilience-toolkit/https://www.internetmatters.org/advice/>