



Keep your child safe in today's digital world

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/#>

It's good for parents to stay up to date with the latest sites and apps their child uses which is easy to do through the NSPCC's site, Net Aware:

www.net-aware.org.uk

Did you know that YouTube is only intended for children over 13? Read Kids and Media's advice on how to relate to the popular website.



Kids and Media's advice on YouTube:

- Kids and Media recommends that parents stay close by if younger children are allowed to use YouTube – when this is possible. The YouTube Terms of Service state that the “the YouTube Website is not intended for children under 13”.
- Discuss with your child what kind of videos it is all right to watch on YouTube.
- You don't always know what you get to see on YouTube until you click the play button. Talk with your child about the fact that they might come across content that is unsuitable for children.
- Invite your child to talk to you if he or she watches a scary or uncomfortable video clip.
- It might be useful to activate the filter that is found at the bottom of the YouTube website if younger children are allowed to use the website. The filter is activated by changing the “Safety Mode” from “off” to “on”. Unfortunately, the filter isn't especially effective, and activating it should not create a false sense of security in parents. Remember that the most important filter is in the mind and the heart of the child, not on the website or your computer.

Does your child want to publish video clips on YouTube?

Talk to your child about copyrights related to images, video clips and music.

- If you want to publish images or video clips showing a recognisable person, you always have to ask this person for permission.

<http://www.kidsandmedia.co.uk/>



Don't allow children to keep Mobiles, tablets, laptops in bed or under their pillow - there's a risk of a fire if the gadget is covered by bedding or other thick material

The UK Department of Health recommends that children under 16 should only use mobile phones for short essential calls

Children have been found to absorb 60% more radiation into the head than adults, when they use a phone.



Mobile phones (and tablets, TVs, and other gadgets with LED screens) give off what's known as blue light—that can inhibit the production of the sleep-inducing hormone melatonin and disrupt our circadian rhythms. This may be because blue light emits wavelengths similar to daylight, which can make our bodies think it's daytime, at any time. To fall asleep when you want (and need) to, power down all electronics two hours before bedtime. Better yet, keep your phone and laptop in another room while you sleep.