

# Keeping your child safe online - what should you talk about?

## What is digital resilience?

When we talk about digital resilience, there are a lot of parallels when it comes to the offline world. When your child rides a bike you don't just pop them onto a bike and say, "Off you go." You may start off with a balance bike and training wheels, then you take those training wheels off and hold on tight and then when they feel confident, you let go.

You need to use the "broken record" technique. Sometimes, you need to say something a lot of times before the message sinks in.

Watch this really helpful video to help you as a parent, check if you have asked these types of questions recently with your child.

<https://www.youtube.com/watch?v=i7JnGqur5p0>

## **1. It's worth having a conversation whether it's introducing for the first time or re-visiting the following:**

- **Discuss which content will be suitable to download or watch whilst at home.**
- **Ask them to tell you what they should do if they see or hear anything they do not like/or makes them feel uncomfortable.**
- **Ask any gamers in your house which games they are currently playing & why, be interested to spark up a conversation. Ask them how they are getting on. At e-safety conferences, they say the best way to know what your child is doing online is to join in, play their games as it helps open up these conversations.**
- **Similarly as above, ask any mobile phone or tablet users in your house which is the best app and why. Check out if it is all fun or whether they experience any problems with the apps or their friends.**

## 2. Use **Gooseberry Planet** App

<https://gooseberryplanet.com/>



- Gooseberry Planet covers a range of different circumstances your child might experience online and encourages them through games to stay safe online. Get your child (currently years 1-6) to log on at home using their username and password. Many KS2 children know their log in details but if they are needed then you can email the school office. Years 1 & 2 usernames and passwords will be emailed out to parents.



- There is also a Gooseberry Parental App which enables you, as a parent, to monitor what your child believes about e-safety. This will then give you opportunities to start conversations with your child, helping you to keep them safe. You need to download the Gooseberry Parental App, log on using your email address & create your own password, then you just click on the yellow + under 'manage children' and type in your child's username which links your child/children to your account.



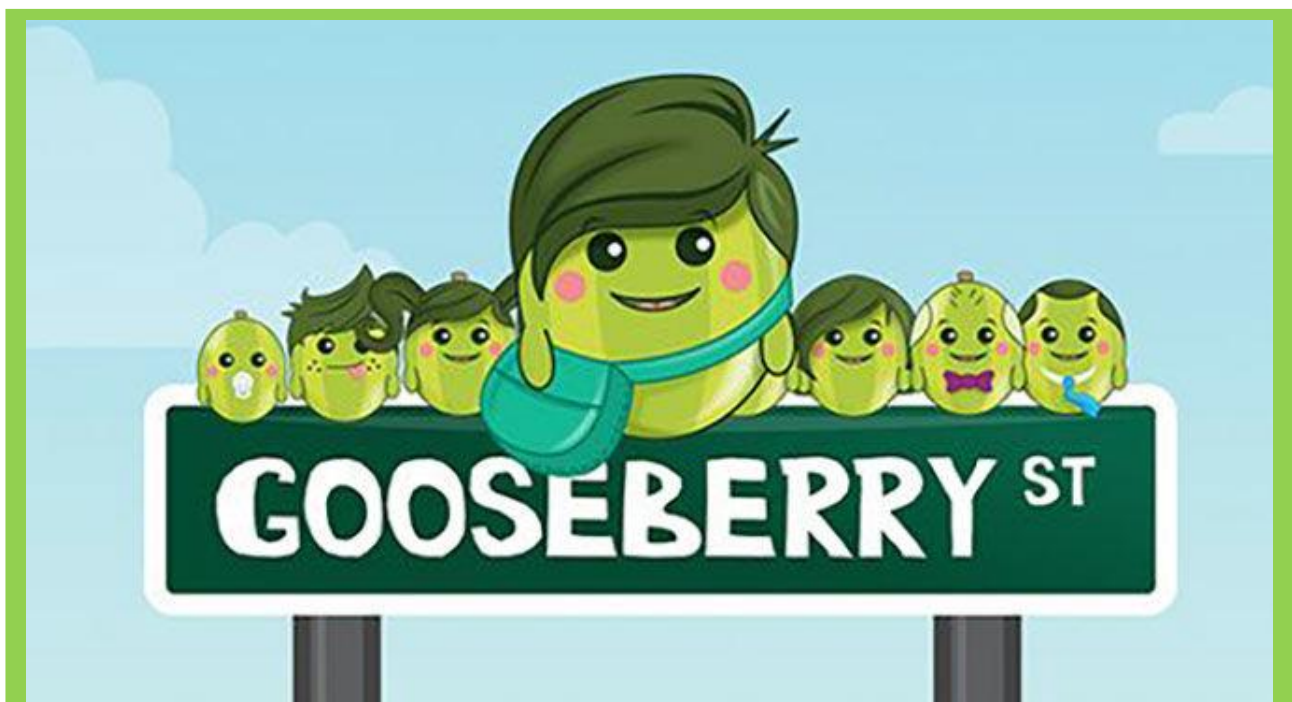
### **Appropriate Game/Level for Year Groups:**

Gooseberry Playground – Year 1 & 2

Gooseberry Street – Year 3, 4, 5 & 6

Gooseberry Village – Year 4, 5 & 6

Gooseberry Town – Year 5 & 6



### 3. Useful Websites for Parents

- [www.parentinfo.org/](http://www.parentinfo.org/) - This website was developed out of a partnership between CEOP and The Parent Zone and contains lots of good Online Safety advice.
- <https://www.common sense media.org/> - This website helps you decide whether to allow your child to watch or use certain films, apps or games.



Fortnite

age 13+ ★★★★★

Battle it out or use strategy in fantastic action game.

Platforms: Mac, Nintendo Switch, PlayStation 4, Windows, Xbox One (2017)

Continue reading

Watch review

Roblox

Website review by Erin Brereton, Common Sense Media



Common Sense says

age 10+ ★★★★★

Game creator can nurture skills; games, chat may be violent.

<http://www.roblox.com>

Save | Rate website

Parents say  
age 11+  
★★★★★  
Based on 1103 reviews

Kids say  
age 9+  
★★★★★  
Based on 2414 reviews

- [www.saferinternet.org.uk](http://www.saferinternet.org.uk) - Here you will find Online Safety tips, advice and resources to help children and young people stay safe on the internet.
- [www.childnet.com](http://www.childnet.com) - An organisation working directly with children, parents and teachers to ensure that the issues of online child protection and the safe and positive use of the internet are addressed.
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - The Child Exploitation and Online Protection (CEOP) Centre has set up its own website which has been designed and written specifically for children, young people, teachers, parents and carers.
- [www.kidsmart.org.uk/](http://www.kidsmart.org.uk/) - Kidsmart is an award winning internet safety website for parents and those working with children. It has been developed by the children's internet charity Childnet International and has excellent information on many of the technologies used by children, with guidance on how to 'stay safe' online.
- [www.bullying.co.uk](http://www.bullying.co.uk) - One in five young people have experienced bullying by text message or via email. This web site gives advice for children and parents on cyberbullying.
- [www.internetmatters.org/](http://www.internetmatters.org/) - Specific help on how to set up internet controls at home. Guidance and articles for parents about keeping children safe online.
- [www.digizen.org](http://www.digizen.org) - A website designed to strengthen awareness and understanding of what digital citizenship is. It encourages users of technology to be and become responsible DIGItal citIZENS.
- [www.giftedgeek.co.uk/keep-children-safe-online/](http://www.giftedgeek.co.uk/keep-children-safe-online/) - A guide specifically for parents that are somewhat daunted by tech and the ever-changing complexities of the internet.