LGfL SafeguardED

ISLINGTON For a more equal future

Secondary school ready?

Pointers for family conversations about safety

Use and watch good tech

- Choose technology that supports learning – e.g. maths, languages and BBC Bitesize.
- Enjoy quality TV as a family - avoid endless short-reel videos on individual devices. For ideas see: commonsensemedia.org
- Ask your school for device recommendations.

Follow school phone policy

- Read the school's policy to support the school and reinforce the messages at home.
- Consider, does your child have the skills to manage a smart phone? Would a more basic phone be better to start with?
- Agree Home Rules for device use too – such as: familyagreement.lgfl.net

Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.
- Buy an alarm clock and consider a "weekly planner" to avoid overuse of tech.
- Read Atomic Habits by James Clear.

Use security settings

Parental Controls help to protect against online harms and deter thieves.

Such as:

- iOS - Family Sharing
- Google - Family Link
- Microsoft - Family Safety

Privacy settings within each App are vital too, to restrict being added into group chats and contacted by strangers.

Info and guides can be found here – parentsafe.lgfl.net

Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech.
- Check your child's devices regularly. Let them know what you are doing and why.
- Talk to your child regularly about what they do online. This will build trust and help you to be aware and manage risk better.
- Remember, your child might be sensible but those who abuse children are also devious.
- Be open minded. The disinhibition effect online is a real issue. The nicest children can say the meanest things online.
- Your child is naturally curious and may accidentally access harmful content. Avoid blaming or shaming them if they tell you about seeing something – talk.iwf.org.uk

For more information visit – parentsafe.lgfl.net

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Keeping Safe from Street Robbery

Steps to take when your child starts travelling independently

- Plan new journeys to school and clubs and practice these.
- Talk through scenarios with your child and agree what they would do e.g. public transport not running or asked by friends to go out after school.
- Aim to use busy, well-lit routes, with CCTV while also avoiding shortcuts in isolated places.
- Avoid having expensive phones, bikes and items of clothing.
- Consider a basic 'brick' phone in first years of secondary.
- Don't carry travel cards and bank cards in phone covers.
- Travel in groups if possible. If solo, hang back for other members of the public in quiet streets.
- Look up and look out – be aware of your surroundings. Put ear pods/earphones away.
- Have mobile devices out of sight when walking on streets.
- Whether you have a phone or not, memorise or keep a parent/carer's phone number in your bag.

What to do if you are a victim of theft on the streets - advice for children

- Keep calm and hand over any item asked for and do not argue. If the phone is snatched do not attempt to chase or confront the thief.
- Robbery or attempted robbery are serious crimes and should be reported straight away. It's important you seek help by dialling 999 rather than contacting police when you get home.
- Use a friend's phone or phone of a trusted adult – e.g. in a nearby shop, restaurant or bus/train/tube station.
- After you have contacted the police, contact your parent/s or carer/s.
- If you have information about a robbery and don't want to report it to police, speak anonymously to Fearless, a youth service within the charity Crimestoppers - crimestoppers-uk.org/fearless

Website: safeguarding.lgfl.net **Email:** safeguarding@lgfl.net

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