

Welcome to the July 2020 Scomis Online Safety Newsletter for Parents

Making the most of technology during the holidays



Visit Parentzone to access tools for families to make the most of technology during the holidays. Including:

- Access to fun, free activities
- Access to expert online safety advice

Subscribe to Parentzone's new [Parent Hub](#) to : Discover essential tips and information about parenting in the digital world:

- [5 digital parenting rules that REALLY matter](#)

The most important thing is to help your child develop [Digital Resilience](#). This means:

- Understanding that there are some risks online that come in different forms, from fake news to being tempted to behave in ways they might later regret.
- When something difficult or unpleasant happens they know who to ask and where they can go to get help.
- They can learn from their experiences.
- They can recover with the right help and support.

Review the [Digital Resilience for parent's guide](#) [here](#)
Sign up to their [parent newsletter](#) and be the first to hear about exciting new activities for families (*NB. You can unsubscribe at any time*)

How to keep children learning this summer!

WIDEPENSCHOOL

Visit [Common Sense Media's](#) new website!

[Wide Open School](#), offers a huge range of free, grade-based activities to keep kids busy online and offline and learning all day.

Review their [Virtual Summer Camp](#) where children can explore lessons in STEM, music appreciation, language arts, art and creativity, and much more. [Get your child started on this week's hand-picked activities](#)

Worried about screen time?

Guidance from [Royal College of Paediatrics and Child Health](#) recommends that families should negotiate screen time with their children based on the individual needs of each child and the way in which they use their screens.

Advice from [ParentInfo](#) suggests

- screens should be avoided for an hour before bedtime
- persuading children to take a break
- considering the type of device being used
- considering setting limits on screen time

Read SWGfL's latest resource : ['Young Children and Screen Time'](#)



Remember FREE advice is just a phone call away from the O₂ and NSPCC helpline **0808 800 5002**
Or visit any O₂ Guru in an O₂ store

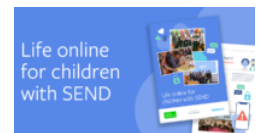
Internet Matters new Online Safety Hub for SEND

[Internet Matters](#) launches a *first-of-its-kind* resource for children with additional learning needs and their parents and carers.

Their [Connecting Safely Online](#) hub helps equip both young people with SEND, (special educational needs and disabilities) their parents and carers with the right tools to stop them 'falling through the net' on social media.

Read Internet Matters report '[Life online for children with SEND](#)' Find out:

- where young people with SEND differ from typical children in relation to online safety
- concerns about the potential risks of social media to young people based on their understanding of interactions online



Reminder on how to use Zoom Safely!

Zoom has become a fantastic method of for keeping in touch with family and friends throughout this uncertain time.

Did you know?

- Minimum age for users to have an account =16 years
- Zoom can collect several types of personal information can be collected, including:
Name, address, email and phone numbers
- You should always update the Zoom app to ensure security settings and features are updated

Find out:

- How to set up Zoom
- How to host and join Zoom meetings
- Zoom's security settings and additional features

[Visit SWGfL's website](#) for more information about Zoom and other video conferencing platforms [here](#).

More Advice, Tips and Guides

Visit the NSPCC's [Share Aware](#) website and check the T&Cs plus [Age Recommendations](#) [here](#)

Visit [CommonSense Media's](#) website to review videos, games and Apps [here](#) Review before your children!

For a range of Tips, Advice and guides from age-specific online safety checklists to guides on how to set parental controls on a range of devices, visit [InternetMatters' website](#) [here](#)

Need help!

For young people - depending on the age of your child there are a range of places they can go for help, younger children [call Childline \(0800 1111\)](#) for help and support
older children [The Mix](#) offer free and practical advice

Stay Safe!

SCOMIS
Your ICT Partner