

Internet usage information for Parents / carers of primary aged children:

Most children have a life online, either in school or home lives, especially now with the educational arrangements due to COVID 19.

Younger ones may not be accessing google classroom but may have mobile phones, Roblox, Fortnite, Minecraft or other gaming platforms helping them to cope with the social distancing and time away from friends and family

There are several things we need to be mindful of and skills to teach our children to keep them safe and well whilst having a life online. This includes age [appropriate access](#) to games or social media.

There are great facts sheets on [safer internet](#) should you wish to understand how various devices work. CEOP also have a link to manage [safety and settings](#) on devices. You will then be able to manage chats & video links and access to sites.

Things to think about when your children are online, usage and necessity of having a life online, what / how does your young one use the internet, who are they communicating with and what are they sharing?

- Do they know what is safe to share whilst they are online especially in open forum? Is there an agreed time for usage to manage the impact on their health and wellbeing? Are they aware of the health benefits as well as negative impact, i.e. sleep deprivation? [Digital wellbeing advice sheets](#) may help you having conversations with the younger members of your family. Do you know [how much sleep](#) your child should be getting in order for vital brain development to take place? Follow the link above to see the guidance dependant on age.
- You may consider having a [family agreement](#) for internet usage. Perhaps take the opportunity to sit round as a family to discuss what should be in the agreement. You could take the opportunity have quality family time without any devices. Childnet.com have developed a template you can find in the family agreement link above.
- Other resources for navigating online usage for your children can be found on the link below, this includes tips for conversations with your young ones especially when [validating information](#) found online which may be useful especially now with various news articles or reports of COVID 19 myths or health prevention information, always visit trusted [.gov](#) websites or [NHS](#) for guidance on this matter.
- If you have any concerns for online safety, see link [for agencies](#) that can support you as well as other sources you may wish to use to check content and safety.

Should you need more information to support your children's health & wellbeing email: childhealth@medway.gov.uk

abettermedway.co.uk