



HEARTS ACADEMY TRUST

Early Years Edition

Online Safety Newsletter

Summer 2023

Top tips for keeping your child's identity safe online

1. Remove personal details such as your children's date of birth and full name from your social media profile
2. Make all your social media accounts private
3. Delete anyone you do not know personally from your friends list

**If you have Instagram:
some accounts to follow that
regularly share hints and tips on
how to stay safe online:**

@Nationalonlinesafety

@Familyonlinesafety

@internet.watch.foundation



**internet
matters.org**

Setting up new devices safely

Use the device setting so that only you can download age appropriate apps and games.



You should also consider setting up password controls or disable in-app purchasing so big bills are not run up accidentally!



Make sure location services are disabled so your child doesn't share their location accidentally.

Screen time

Screen use provides a range of **opportunities for creativity and learning** – 70% of parents strongly agree that using devices is essential for their child's development.

Screens can be a great tool to allow children to **maintain relationships** with family and friends.

Challenges

Passive screen time could have a **physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour. Younger children may not understand the concept of what the internet is and how it works so could find it **hard to differentiate between what is real and what is fake.**

[Have you tried exploring these preschool age appropriate apps?](#)



Other useful websites:

www.internetmatters.org

<https://saferinternet.org.uk/>

<https://swgfl.org.uk/online-safety/what-is-online-safety/>