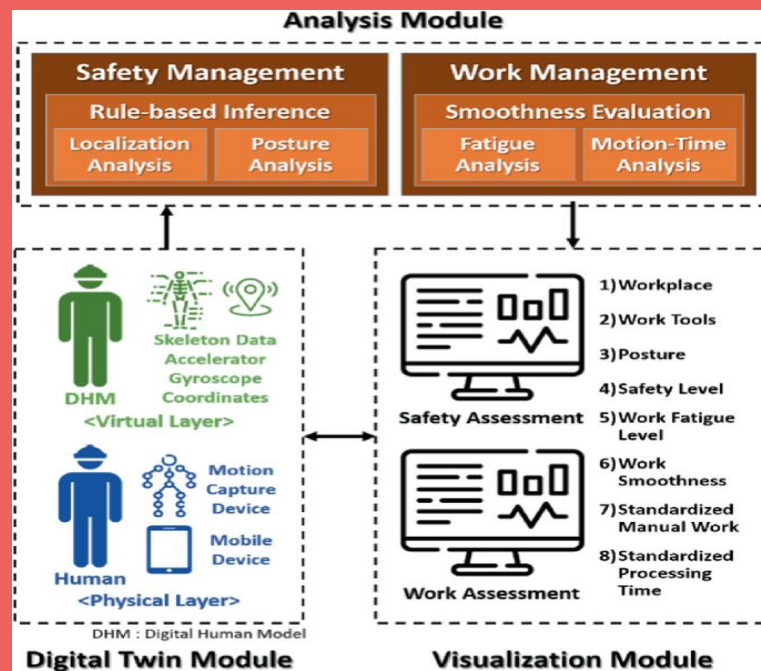


Basic Digital Safety

Safety at work



Safety in public

LGfL DigiSafe *keeping children safe* To Keep Primary Kids Safe Online During School Closure

SIX TOP TIPS

Children are bound to spend lots more time on devices during school closure. DON'T FEEL BAD ABOUT IT – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioners' 'Digital Five A Day' to plan or review each day together.

Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are: can they chat to strangers, can they video chat or go live, are their posts public? Internet Matters has hundreds of guides to parental controls.

Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgf.net, including ones to tell your kids about (they might not want to talk to you in the first instance).

You can find anything above by just googling it, or follow us @LGfLDigiSafe on Twitter or Facebook where we regularly share these resources

Safety at home

5 Tips to Stay Secure Online in the Office or at Home

- 1. LOCK IT UP**
No matter where you're working or at the office, at your couch, or at the local coffee shop, always keep your portable devices locked with a secure password.
- 2. TWO IS BETTER**
Two factor authentication is an important layer of defense beyond your password. It decreases your risk of falling victim to a compromise because criminals need access to not only your account password, but your token or smart phone as well to receive the PIN.
- 3. VPN FOR THE WIN**
When conducting work outside of the office, ensure your safety by never using Wi-Fi without using a VPN.
- 4. STAY SEPARATE**
Never use a business account such as a laptop, phone, or phone for personal use. Do not be keeping things separate.
- 5. THINK!**
If something looks suspicious, discuss it with IT. Never open or download attachments from unknown senders and always hover over a link before clicking to ensure you're being directed to the intended URL.

Maria Nechita student ID 2321537