Chipstead Valley Primary School
Safeguarding Newsletter - Summer 1

E-Safety Advice for parents

With the current restrictions in place, we realise that many of us, parents and children, will be turning to the virtual world to keep in contact with friends and loved ones. In order to keep children safe, ensure you follow these tips:

- Make sure they 'lock' their chat room if the app allows.
- Advise your child to use a password different to others they are currently using.
- Discuss with your child the dangers of adding people they do not know or accepting requests from people they do not know.
- Always check with your child about who they are chatting with and what types of conversations are taking place.
- Set up parental controls on their devices to control the level of security.
- Talk to your child about building up their digital resilience and critical thinking –highlight the need to help them cope with whatever the online world throws at them.

Ten tips to support parents during COVID-19

Now we are all socially distancing, it can be difficult at times to adjust to life in this 'new normal'. Below are ten top tips to help support you, as a parent, during these uncertain times. Children notice how you are feeling so it is important to remain as calm as possible and try to alleviate stresses.

1. Be bigger, wiser, stronger and kind

2. Keep up routines- Some normality eases emotions.

3. Encourage play- Be curious and have fun.

4. Watch, wait and wonder- Stand back and observe.

5. You get more of what you notice- Notice the positives.

6. Answer their questions- Take the time to listen and talk.

7. Help children manage uncertainty- Show your children that tolerating a degree of uncertainty is OK at times.

8. Make connections- virtually connect with others. You do not need to socially isolate yourselves, only physically.

9. Hold it and count to ten- Use this if tempers flare

10. Self-Care- Take time for yourself.

Houseparty

Housparty is an app, which due to the current government guidelines, has surged in popularity. The social networking video app allows users to connect with up to eight others whilst taking part in quizzes and games. House party finds your friends through phone contacts, as well as through Facebook and Snapchat. Houseparty is not automatically set to private. This means that when using the app, friends (or even friends of friends) can automatically start a video chat, without having to accept. Although fun and a good way to connect with others, there are some settings to be aware of:

Location settings- an option to add other users who are nearby using a location-based "Near Me" option. This location-based searching can be turned off.

Room lock– users can also lock the 'room' using a lock button on the bottom left side of the app's home page. This prevents anyone from joining the room, including preventing other users from joining the room per invite from anyone else.

Private mode– you can enable this feature so every 'room' you are in will be locked. Even when you are alone.

The age restriction for this app is officially 13 years old.

Zoom

Zoom is a video conferencing app, designed for business use, which has become popular with individuals and schools as a way to keep in touch when they cannot meet in person. When a parent understands safety features of the app or is in the room whilst their child uses it, this can be an excellent way to stay connected.

Recording- Zoom lets hosts record meetings, so it is important to talk to your child about what they're sharing while chatting. Remind them not to share personal information, like their name and phone number, or private parts of their body.

'Zoombombing'- this can happen when safety settings are not in place. 'Zoombombing' is when somebody uninvited joins a call to disrupt it, which can happen when links are shared publicly. All meetings require the host to approve letting people join. The host can choose to let people in individually or all at once. To avoid uninvited guests, remind your child to let people in one at a time.

The age restriction for this app is officially 16 years old.