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Safety Rocks
Working together to keep children safe

New year, new look! Welcome to the first copy of Safety Rocks for 2017. We have listened to your feedback and have a new look, with a regular competition, inside poster and useful resources for families. We hope you like it.

★ Safer Internet Day 2017: 'Be the change: unite for a better internet'

February 7th 2017 is 'Safer Internet Day', which is celebrated worldwide.

In the UK, the day is organised by the UK Safer Internet Centre (www.saferinternetday.org.uk) and this year the theme is 'Be the change: Unite for a better internet".

This edition focuses on some of the ways we can all help to make the internet safer for children and young people.

Safer Internet Day 2017 | Tuesday 7 February
www.saferinternetday.org

★ Competition winners!

Last edition we asked for your pictures around the anti-bullying week theme of 'Power for Good' and we had some fantastic entries. The winners all received vouchers and appeared in our school dates calendar that has been distributed to schools across Brighton and Hove. The winning entries are shown below, well done to everyone who entered.
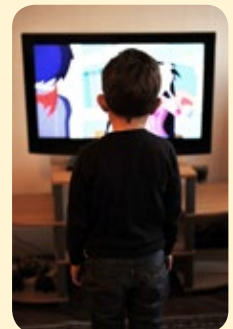
Runner up: Lola R,
St Bernadette's (Yr 6)

Runner up: Luisa k,
Queens Park Primary (Yr 4)

Overall winner: Dylan M, Brunswick Primary (Year 3)

Did you know? By the age of seven, the average British child will have spent the equivalent of a whole year of their life 24/7 in front of a screen! See inside for tips on how to manage screen time.

★ New competition: family time, not screen time

This term, we would like your pictures or photos of what you could do as a family, instead of being online or in front of screens. Please send or email us your entries to the Safety Net address on the back page of this newsletter. It needs to include your child's name and age and your contact details so that we can let you know if yours is a winning entry!

Please send your entries to us by March 3rd 2017. The winning entry will receive a £30 voucher and two runners up a £10 voucher.

⭐ Screen time vs family time

⭐ Did you know children aged 5 – 16.....?

- Spend an average of 6½ hours a day in front of a screen
- Teenage boys spend the longest, with an average of 8 hours a day
- Eight-year-old girls spend the least – 3½ hours a day
- Ownership of tablets has gone up by 50% in the last year
- 66% of children now own a smart phone, 67% a tablet
- Three in four children (73%) can now access the internet in their room
- The average amount of screen time is 2 hours on the internet, 2.3 hours of TV and 1.2 hours of gaming

Some experts now define screen time as using digital media for entertainment purposes. So, for example, don't count online homework as screen time.
Help manage your children's screen time with our handy Screen Time Chart below.

⭐ How to use the Screen Time Chart

1. For one week, keep a record of how much time children are spending on screens each day and keep a running total (this includes TV, phone, tablet, computer, gaming consoles etc.)
2. Have a conversation about why it's good to spend time doing other things
3. Agree a screen time limit for each day
4. Fill in the chart for the week, your child can colour in a star for each day they stick to the limit
5. write down the non-screen activities for that day, e.g. football practice, playing in the garden, making something
6. Identify what jobs they will do to help at home e.g. washing up, clearing the table, keeping their room tidy and what you will do for them, e.g. take them to an activity, spend 10 minutes playing with them, bake a cake together, play a board game
7. Agree on a reward if they stick to their screen time and jobs – this could be pocket money on a Sunday, a trip out somewhere, getting their favourite dinner, etc. so long as it isn't more screen time!
8. Good Luck! Let us know how you do!

Turn it off!

"It rots the senses in the head!
It kills imagination dead!
It clogs and clutters up the mind!
It makes a child so dull and blind!
His brain becomes as soft as cheese!
His powers of thinking rust and freeze!"

Roald Dahl on the dangers of TV, Charlie and the Chocolate Factory

★ Screen Time Chart

Name: _____ **Date:** _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Amount of time allowed on screens each day							
Actual daily total (TV + phone + tablet + gaming + computer)							
Colour in a star if you have stuck to agreed amount of screen time	☆	☆	☆	☆	☆	☆	☆
Non-screen activities for today							
Things I will do to help today							
What adults will do for me							
5 stars = this reward							

Top tips

★ A parent's top tip for cutting down on screen time

"I have a nine year old son who loves nothing more than playing games on a tablet or watching stuff online. So this scenario is probably familiar: when we get home from school, he's allowed half an hour playing games on screen while I start dinner and sort out a bit of housework, which means I can get stuff done in peace. Then I look at the clock and realise he's been on screens for an hour and a half. Oops. But, once he's been left on a screen for that long, it's really difficult to get him to stop. It turns into an argument. That's the pay-back for the time I bought myself.

"But lately we've been able to turn things around. We made a timetable for the week together. Not just for screen time, but for other chores too, like

clearing the table, but I let him decide what they should be. He was up for that. He thought I should have things to do too, so I promised to cook his favourite dinner on Wednesdays and take him to his activities on weekends. If he does all his chores in the week, he gets some pocket money on a Sunday as an incentive.

"We put the chart on our fridge. My son went straight to it and pointed out what we both had to do. Turns out it's not just a tool for me to avoid the nagging, he also uses it to make me keep my end of the bargain. I think that's why it works so well."

Check out or screen time chart on the inside pages.

Safety Net run regular online safety workshops for parents/carers. The next one is on March 10th from 10 – 12 at our Emmaus Offices. Please contact us for details.

★ Useful factsheets for parents and carers

- Supporting Young People Online: a free guide created by Childnet provides information and advice available in 12 additional languages

- The UK Safer Internet Centre and Islington Council have created leaflets for foster carers and adoptive parents with top tips to get to grips with internet safety

- Keeping Under Fives Safe Online: This advice gives top tips for keeping younger children safe online

Find these and other useful resources at http://www.childnet.com/resources

Taken from www.saferinternetday.org.uk

★ Conversation starters for parents and carers to talk about images online

1. Ask your child what they like most about the internet and why.

2. Why do they like sharing images and videos online?

3. Have they seen people in their school posting images to be mean or embarrass someone. What would they do if they saw this? Who could they turn to for help?

4. Are young people sometimes embarrassed by the photos their parents/carers post of them online? What could you could do to make sure they are happy with them?

5. How can they tell if an image or video is truthful? For example, they might have seen images edited to make people look better, or videos that are fake.

6. What could you and your child do to make the internet a better place? Could you do good digital deeds to help others? For example, showing someone how to do something online?

Taken from www.saferinternetday.org.uk

★ **We would love to hear from you!** If you have a question or would like to make a suggestion for future editions, email us at newsletter@safety-net.org.uk. For an online edition, visit www.safety-net.org.uk or www.brightonandhovelscb.org.uk