



Cyber Safety Workshop

Dear parents and carers

We were pleased to meet a number of you physically at **EATA Restaurant** and **online** through MS Teams for an E-Safety workshop for parents and carers. We provide E-Safety workshops to parents annually. If you missed our sessions this year, please go through the documents attached here.

Keeping our children safe online in our modern digital age is a daunting task but having a conversation about ways to improve and monitor E-Safety for our children is a great start.

As mentioned frequently, no one is an expert on internet safety. Digital technology is constantly changing, and criminals try to be ahead of the game. Sitting down and making a [family agreement](#) with your children at home is a great start. Please find [here](#) some of the issues and tips on how you can keep your children safe online as we went through them in our session today. We also really recommend you have a look at [Childnet International](#) online.

Here is the summary of what you can do:

- Set fair and consistent device and internet usage **rules** and be the one in charge
- Determine which **apps** can be downloaded for your children
- Determine their **screen time** and get the contract done!
- Take interest and **be involved** in your child's online life
- Talk to your child about sharing images and other **personal information** with strangers
- Install and update **parental control** including **Family Sharing** for the app stores.
- Know all **devices** that your child is using and their **passwords**
- All passwords must be **strong and frequently changed**
- Use **firewalls and antivirus**
- **Update** apps and OS
- Children will make mistakes, don't be mad but **be supportive**
- Watch out for **red flags**.

Here are some red flags:

- Lack of interest in social activities
- Drop in school achievement
- Tiredness, sleep disturbance, headaches, eye strain
- Change in eating patterns/habits
- Poor personal hygiene
- Obsession with specific websites or games
- Refuse to take online breaks
- Anxious or irritable behaviour
- Withdrawal symptoms



- Changing passwords and deleting browsing history
 - Turning off a device when interrupted suddenly
-
- Turn off **GPS** on all their devices
 - Set their profile and settings to **private** if using social media and online games.
 - Beware of your personal **browsing history** as an adult, especially when you visit age-restricted content especially if you share devices or App Store IDs
 - **Model and promote** positive behaviour
 - Keep **yourself UpToDate** with current technology and safety issues.
 - Watch out for sneaky **ghost apps** children use to hide their activities
 - Setting up and implementing the **4 D's** at home is vital
 - As much as possible devices should be used in family **public areas**

- **Digital free zones – keep technology downstairs**
- **Digital role models – parents lead by example online and with digital usage**
- **Digital sunset – young people need to come away from technology before they go to sleep**
- **Digital detox – As a family try a gadget-free day or hour**

Please feel free to contact me at any time (Rugera.Wanjara@britishschool.org.cn)

November 2, 2021