

# Online Safety News



Summer 2021 | PARENT | CARER

## Digital 5 a day - Digital safety wellbeing kit

Digital technology plays a huge role in helping children learn, play and stay connected with friends and family. The Digital 5 a day framework from the Children's Commissioner is useful to help children get the most from their time online and balance digital wellbeing with overall wellbeing. It is a tool that parents and carers can use to guide, support and maintain conversation about time spent online.

Find out more:

[Children's Commissioner | 5 a day](#)

The 5 elements of a good digital diet are:

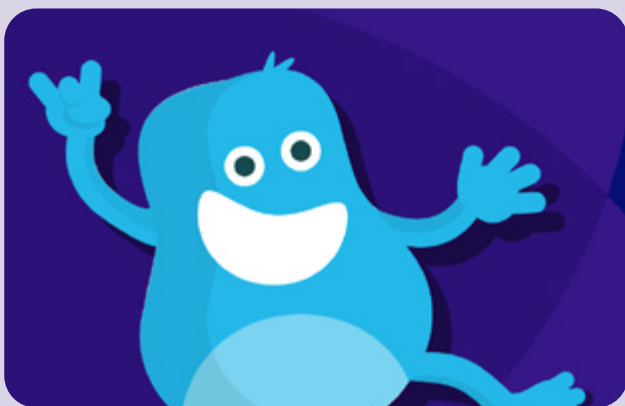
- connect
- be active
- get creative
- give to others
- be mindful



A digital safety and wellbeing kit containing updated guidance around the digital 5 ways to wellbeing has been developed and it includes guidance on video calling, browsers, user names, passwords, apps and how to balance your child's screen time and improve their wellbeing.

[Children's Commissioner | Parents' digital safety wellbeing kit](#)





## Ollee – ‘Your helpful digital friend’

Ollee is a new app developed by Parent Zone and Children in Need and it allows children think about their feelings, get advice, and most importantly, start talking to a trusted adult. It is designed to stop small worries growing and getting out of hand.

Children can choose a subject they want to talk about, this might be; school, friends, family, their body, the world and internet. They choose an emotion that matches how they feel and this leads to a page of helpful advice.

Children under 13 will need parent or carer approval if they wish to make an account to enable them to save advice. They may wish to use the app without an account.

Find out more or download the app: [Ollee](#)

## What parents and carers need to know about WhatsApp (16+ age rating)



National Online Safety have produced a useful guide for parents/carers on the popular messaging service, WhatsApp. The guide has tips on a number of potential risks when using the site such as stranger danger, live location sharing and disappearing messages.

Read their advice:

**NOS | What Parents Need to Know About WhatsApp**

## Tips to keep children safe on Netflix



If you share your account with your child you may wish to set up parental controls to help stop children watching inappropriate or adult content.

O2 and the NSPCC have put together a series of tips to keep children safe on Netflix.

**Netflix | Tips to keep your child safe on Netflix**



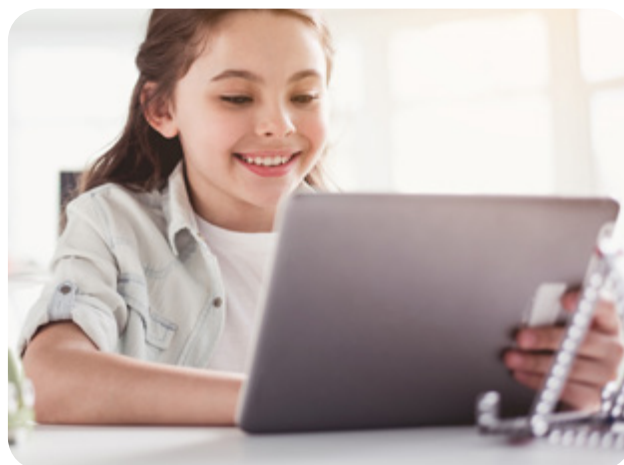
## Net Aware – helping to keep children safe online

A parental guide to the latest social networks, apps and games that young people are using has been produced by O2 and the NSPCC. The resources are designed to help parents have more regular conversations with their children about online safety – enabling more families to enjoy the digital world with confidence.

O2 and NSPCC | Online Safety

**O<sub>2</sub> | NSPCC**

Let's keep kids safe online



Childnet | Online safety activities you can do from home

 **Childnet**  
International

The information in the newsletter is given to help promote the safety of children and young people online.

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the Herts for Learning Wellbeing team as part of their online safety support for schools and settings in Hertfordshire.

## Herts for Learning

Herts for Learning (HfL) is a provider of products and services to schools and educational settings within and outside Hertfordshire. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances. We focus on supporting the schools and settings we work with to achieve successful long-term outcomes for their children.