

Welcome to the March 2020 Scomis Online Safety Newsletter for Parents

UK Safer Internet Centre publishes report for
Safer Internet Day 2020

Talking to children about Coronavirus

Here at Scomis, we are using this newsletter to signpost parents and carers to websites which provide sound advice and guidance:

As a parent/carer it may be hard to know how or where to begin a conversation about **coronavirus**.

Parent Info's article gives parents and carers advice how to:

- **open a conversation** with their child about coronavirus
- help to spot **misinformation**
- **put their mind at ease**

Read the article '[Tips for starting the difficult coronavirus conversation with your child](#)'.



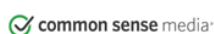
Parent Zone has pulled together approved **activities** that parents and carers can enjoy with their children as they prepare to spend lots of time at home with their families.

Parent Zone's '[10 ways to safely entertain your children at home](#)' includes:

- Become an [Internet Legend](#)—online activities for the whole family
- Get creative in [Minecraft](#)—expert guide for parents/carers
- Spend some time in [Digiworld—interactive curriculum](#) for **5 to 16** year olds and in **13 languages**
- Train your kids to spot fake news— [parent's guide](#)
- Watch some movie and TV classics— everything you need to know about [Netflix](#) and parent 's guide to [Amazon Prime](#)

Dot Com Digital
Technology For Good

Dot Com has produced a simple resource for children to read and to communicate how they feel. Download the resource [here](#).



Help your family to de-stress with hints and tips from Common Sense Media including:

- **Meditate.** Common Sense media has several [apps for kids and families](#) that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for
- **Get help.** Common Sense media's collection of [mental health apps](#) might be the answer to a tween or teen who is really struggling but can't get face-to-face help right away
- **Get the blood flowing** and elevate the mood with [25 dance games](#) (NB. you might need to buy a special control from Amazon)
- **Check out Apps, websites, and video games** that inspire running, jumping, and more to stay active.

VISIT [commonsensemedia.org](#) or [commonsense.org/education](#) for more resources and support.

Review '[At-Home Educational Online Activities For Students and Parents](#)' available from [Smart Social](#) access to free worksheets and resources for all ages.



Report reveals how young people manage and navigate their online identity. Find out:

- If young people can be free to be themselves online
- How young people are creating their online identities
- What impact this has on their sense of self-being

Findings of the research reveals:

- young people's online experiences are an essential part of who they are offline.
- technology is a fundamental part of young people's identity, helping them find themselves, other communities and their own voice offline too.
- the internet is primarily a place of positivity for young people.
- young people **need support** and are asking for a more inclusive and equal internet

Discover more [here](#)

New resource from Childnet for under 5s

Aimee and the tablet

Aimed for use with 4 and 5-year olds, the book follows Aimee as she plays a game on her mum's tablet.

Check out Childnet's *Digiduck stories*, in preparation for the release of the third story, *Digiduck's Safari Adventure*. [Find out more](#)

Don't forget to check the Recommended Age and Terms and Conditions

Visit the **NSPCC's Share Aware website** and check the **T&Cs plus Age Recommendations** [here](#)

Visit **CommonSense Media's website** to review **videos, games and Apps** [here](#) **Review before your children!**

For a range of **Tips, Advice and guides from age-specific online safety checklists to guides on how to set parental controls on a range of devices, visit InternetMatters' website** [here](#)

HELP is at hand!

Remember **FREE** advice is just a phone call away from the O₂ and NSPCC helpline **0808 800 5002**
Or visit any **O₂ Guru** in an **O₂ store**