BRIGANTIA
LEARNING TRUST
Creating Excellence Together, through a culture of care
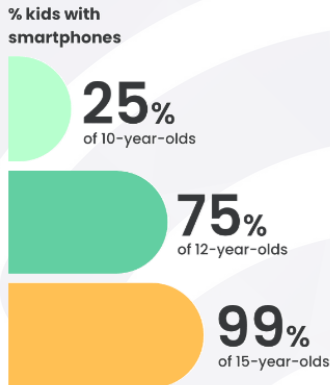
Online Safety Newsletter
October 2024

Qustodio - Parental Controls

Screens are here to stay. With children using devices at increasingly younger ages, having the right tools to help your child develop healthy digital habits is more important than ever.

% kids with smartphones

25% of 10-year-olds

75% of 12-year-olds

99% of 15-year-olds

Qustudio is an all-in-one solution that helps parents keep their child's screen time safe and balanced - on every device. With Qustudio you can block inappropriate apps, games and websites; monitor online behaviours; and get reports, alerts and SOS notifications. The app is produced by Qoria, the company that provides Smoothwall internet controls to schools in the UK. This is a paid for service and the basic plan cost families £3.33 a month.

Click on the link below to view free alternatives:
www.yewlandsacademy.org/docs/online_safety/newsletters/Parental-Controls-booklet

Age-Appropriate Apps

Internet Matters have curated a list of age-appropriate apps depending on what your aim is when your child is spending time online:

Skill Building apps: If you would like to help your child develop a new skill, then you might find some useful ideas here: www.internetmatters.org/resources/skill-building-apps-guide-for-kids/

Apps to keep your child entertained: These apps are organised into age groups so you can find an app that is suitable for your child:
www.internetmatters.org/resources/13-great-apps-to-keep-your-kids-amused-in-the-school-holidays/

Apps to help get your child active: Again, these apps are organised by age group:
www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/

Wellbeing apps: These apps are organised by topic such as sleep aids or managing anxiety and will help your child develop an understanding of how to look after their own wellbeing:
www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/

Digital safety for digital kids
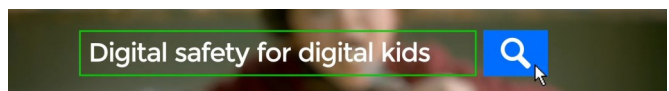
Parent Modules

Would you like to learn how to better support your child and help them stay safe online? Would you like to take part in parental workshops and complete National Online Safety training modules?

Developed by safeguarding experts and presented by TV presenter, musician and passionate online safety advocate, Myleene Klass, these courses take you on a detailed journey through your child's digital habits, explaining the type of online world they're experiencing now, what risks they might be exposed to and just what you can do to support.

Each award is made up of 7 modules and will take approximately 45 minutes to complete. These Awards can be accessed on Desktop computers and Mobile devices.

Annual Award in Online Safety for Parents of Children 11-14

Annual Award in Online Safety for Parents of Children 14-18

Discussing Distressing News

Following on from the recent events in UK and the wider world, INEQUE Safeguarding Group have published an article to help you when discussing distressing news with your child. The article also includes a downloadable resource that children can read when news becomes overwhelming for them.

www.inege.com/2024/08/02/discussing-distressing-news-events-with-children

Online Wellbeing Quiz

The NSPCC have created a quiz that can be completed as a family to help you have discussions together and find out about the NSPCC's top tips for positive online wellbeing.

www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/quiz/

NSPCC

0808 800 5000
help@nspcc.org.uk

National Online Safety Launches Free Online Safety App for Parents

Download the National Online Safety app for free – the world's most comprehensive online safety app for parents, carers and education staff. Available from the Android and Apple app store.

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