

DIGITAL 5 A DAY KIT

The Digital 5 a day kit provides information for parents as well as a safety guide to help students ensure they are safe, and their wellbeing is looked after when screen time maybe higher than usual.

The digital safety kit provides useful tips and guidance to help protect your young person on a range of issues including video calling, how to ensure your device and web browser are set up and updated correctly and tips regarding best practice with your username and passwords.

VIDEO CALLING

- Make sure you password protect your call. If this is not available consider if you should be using it.
- Think about your surroundings.

DEVICES

- Make sure all devices have the most up-to-date security versions on them.
- Improve your settings, eg. Use the 'Safe mode' to block pop-ups and some adverts. Turn off Location ID so people can't see where the device is being used.

BROWSERS AND ADD-ONS

- Browse securely. Use a browser that supports child safety and limits advertising. Firefox and Google Chrome have features built in that support privacy and security.
- Watch out for fake news.
- Install an adblocker, such as uBlock Origin, which will turn them off for most websites.

USERNAMES AND PASSWORDS

- Make sure your username and profile information doesn't give strangers information on your young person's name, age and location.
- Set a strong password.
- Vary your password on different devices.

APPS

- Beware of 'persuasive design.' Lots of apps have built in features to keep us glued to the screen. If you do one thing, turn off auto-play whenever you can.
- Consider using Family accounts - control several aspects of accounts including:
 - a. Screen time limits.
 - b. Safe search controls.
 - c. Permissions that apps have access to.
 - d. Activities this account has access to.
 - e. Password management.

For more detailed information please use the link below:

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/cco-parents-digital-safety-wellbeing-kit.pdf>