



Christmas is such a wonderful time of year, excitable children and time to relax with family and friends. And of course, there are new toys to play with, many of those are digital devices.

To help, we've set out a few top tips to help keep your household safe online over the holidays and to help set agreements and boundaries with the new devices.

Mrs Grant



## Let's TALK

The Internet Watch Foundation (IWF) have created a TALK checklist to help you keep your child safe online. This guide has been created for all parents and carers to increase awareness of the risks of online child sexual abuse.

The TALK checklist lists four steps that you can use to help keep your child safer online.

\***T**alk to your child about online sexual abuse. Start the conversation – and listen to their concerns.

\***A**gree ground rules about the way you use technology as a family.

\***L**earn about the platforms and apps your child loves. Take an interest in their online life.

\***K**now how to use tools, apps and settings that can help to keep your child safe online."

The site also provides advice on spotting the signs as well as contact details for other organisations should you need any further help

Click [HERE](#) for further information.

### FAMILY AGREEMENT

Family Agreement : The holidays are a great time to sit down with children and manage expectations. Some children will spend as much time online and playing games as they possibly can, but this isn't practical, there has to be a balance between family and socialisation.

**Here's a link to a family agreement template from Childnet**

<https://www.childnet.com/resources/family-agreement>

**A copy of this has also been sent with the email as an attachment.**

### Gaming

Gaming is likely to be high on the agenda for many children this holiday period. CEOP have a nice, simple guide for parents:

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

Internet Matters also has a gaming hub which is really useful for parents; it was updated a couple of months ago and has invaluable information

<https://www.internetmatters.org/resources/online-gaming-advice/>

Are you considering getting your child's first phone in Year 6. If so, here is a guide from Child's Net to help you with your decisions and getting them started. Click [here](#).



How can you protect your child this Christmas after they unwrap their digital gifts?

New digital devices will bring lots of entertainment, enjoyment and provide opportunities for learning new skills. However they can pose a number of dangers. Follow the National Online Safety's top tips for parents/carers:

- Buying Gifts
- Security
- Passwords
- Setting up parental controls
- Check age restrictions
- Be a role model
- Set boundaries



Scan the QR code to find out more information!

# Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

## 1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

## 2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

## 3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

## 4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

## 5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

## 6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

## 7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

## 8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

## 9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

## 10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.