



Digital 5 A day Helping children and young people lead healthy online lives



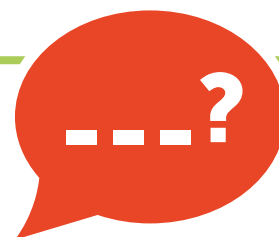
The amount of time that children are online is increasing. A new campaign, led by The Children's Commissioner, called Digital 5 A Day has been launched to help parents encourage their children to have a good digital diet which includes a balance of being connected, active and creative, giving to others and being mindful. The Children's Commissioner stated, 'You wouldn't let an 8-year-old eat a double cheeseburger and fries every day of the year, so it's important

children aren't left to use smart phones, computers or tablets without agreed boundaries..... So our 5 A Day guide promotes a positive relationship with technology rather than being too restrictive and is actually based on the NHS's five steps to mental well-being. We've placed those in a digital context and think it gives parents guidance and children room to explore and learn while keeping them safe. Importantly, it encourages them to do so themselves.'

The Digital 5 A Day: A Guide For Children and Young People can be accessed here:

bit.ly/childrenscommissioner_digital_5_a_day

Sarahah, the anonymous messaging app



Sarahah meaning 'honesty' in Arabic, is a free social media app that many teenagers are using to pass on anonymous, unmonitored comments to each other. The app has approximately 300 million users. Users can comment on friends' or strangers' profiles without them identifying who has posted the message. The app lets users create a profile and works as an add-on to the popular social networking app Snapchat. Due to the fact that all comments are anonymous, it's very easy for people to say mean and hurtful things without any repercussions. As with other anonymous apps there is the possibility that the Sarahah app could be used to bully or harass others. Sarahah is not recommended for children's use and it comes with an app store rating of 17.

Read Common Sense Media's review of Sarahah here:

bit.ly/commonsensemedia_sarahah

Keeping safe when playing online games

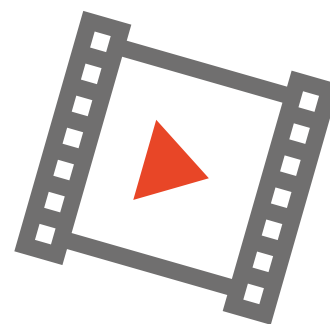


Online gaming can be a fun and creative activity for all the family. However, it is essential that parents/carers help children to be aware of the possible risks and help build the skills and knowledge to enable them to enjoy gaming in a safe way. Childnet has published a free leaflet that has a wealth of advice to help parents/carers ensure children are accessing games in a positive and safe way.

bit.ly/childnet_onlinegaming_introduction_for_parents

Be Share Aware

It can be very hard for parents to keep track of what children are doing and accessing online. The NSPCC have teamed up with O2 to help parents/carers talk to children about staying safe in the digital world. The films 'Lucy and the Boy' and 'I saw your Willie' may help you start a conversation about the dangers and consequences of sharing inappropriate photographs and videos on line.



You can access the films here:

bit.ly/nspcc_shareaware

Snapchat Streaks

Is this harmless fun?



Snapchat is one of the most popular social media apps used by young people to share photos and videos with friends. A Snapchat 'streak' is when you and a snapchat friend send and return a snap to each other within a 24 hour period. A number and an emoji appears beside a Snapchat friend's name corresponding to the number of days in a row a new picture or video has been sent back and forth. You must Snapchat your friend within 24 hours of receiving the last Snap to keep the streak going. Young people can be pressured into keeping a streak going and when the streak does stop it can cause problems. The NSPCC told Newsround that they've received a number of calls from upset and worried young people because their snapchat streak has ended. One young person spoke with the NSPCC because she couldn't get on to wifi that day she was worried that she would be bullied and that people would think she didn't like them anymore.

Whilst children can have great fun with friends using the streaks, parents/carers should remind children of the stress it could cause and help them question whether it is a true measure of friendship.

Top tips for having a conversation with children about cyberbullying

Discussing cyberbullying with your child may seem very daunting but the best way to support them is to encourage them to have open and honest conversations with you about their online life.

Check out childnet's website for ideas at:

bit.ly/childnet_6_tips_cyberbullying

- Know how to start the conversation
- Let them talk
- Don't deny access to technology
- Let them know if you plan to talk to their school
- Let them know you are always available to talk

