



Phones, Devices and Social Media - guidance for parents and carers during Covid-

19

We appreciate that having children at home, whilst you are still trying to work, is going to be a difficult and potentially stressful time, and we are here to support parents as much as we can. The children remain central to our community and we want to teach, guide and protect them, regardless of the fact that they are not physically with us at Haileybury.

Our Connected Learning Platform is designed to give the children plenty to do each day, during term time, and hopefully this will limit the time they can spend on their phones. But, we appreciate that they will likely spend more time online than before - and we need to be mindful of the impact this can have on them and ensure that their internet use remains safe.

Please see the [Phone advice and guidance](#) that we have provided to the pupils, so that you can reinforce these messages too.

A few key tips:

Know what your children are doing / using

The UK Safer Internet Centre has some useful resources to help you navigate your way through, and understand, the various technologies and devices that your children are using. Click on the links below:

- [Parents' Guide to Technology](#)
- [Gaming devices](#)
- [Tablets](#)

Draw up a Family agreement

Given the length of time that you might be having to stay at home, it is a good idea to have a Family Agreement on electronics/online use from the start. Childnet have produced a template here: [Family agreement](#)

Limit and have oversight of what your children are doing online

There is lots of good advice available on how to set up parental controls - here are some resources that might be of use:

- [Smartphones](#)
- [Use parental controls on your child's iPhone, iPad and iPod touch](#)
- [Parental controls offered by your home internet provider](#)

Social Media

There are a wide range of Social Media platforms and apps which your child might be using. Make sure you understand each of these:

- Are there Age Restrictions - should your child even have this app?
- If the app allows group chats, support your child in ensuring that no-one is left out
- Find out more about the apps they are using - e.g. read this parents' guide to what [House Party](#) is, how it works and if it is safe for children to use.



Finally - please remember that if you suspect that your child is accessing / being exposed to Harmful Content, you should report this. This guide tells you how to: [Report Harmful Content](#)