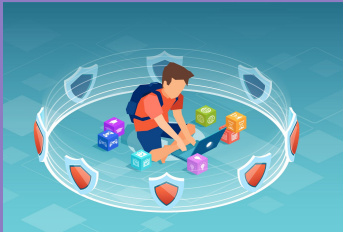


Cefnogi Ein Rhieni hefo Diogelwch Ar-lein

Supporting Our Parents with Online Safety





Diogelu Ar-lein

Beth da ni yn ei wneud yn yr Ysgol?

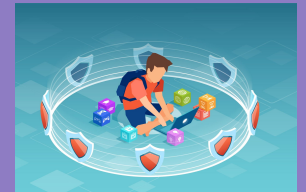
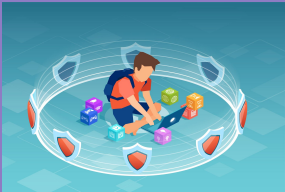
Sesiynau
Diogelu/Seibr
Fwlio gan yr
Heddlu -
Rhaglen
Schoolbeat

Dathlu Diwrnod
Diogelwch ar y
We drwy gwblhau
gweithgareddau

Cynghori
Rhieni

Trafod mewn
Gwasanaethau
Ysgol

Sesiynau
Diogelwch
ar-lein fel rhan
o'n Cwricwlwm





On-line Safety in School

What do we do as a School?

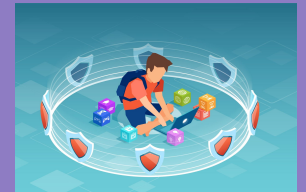
North Wales
Police
Schoolbeat
sessions

Offer
advice for
parents

Celebrate Safer
Internet Week by
having a day of
activities

School
Assemblies

On-line Safety
sessions as
part of our
Curriculum



Beth allwch chi wneud fel rhieni?

Siaradwch

Mae'n hanfodol bwysig i siarad gyda'ch plentyn yn gyson am sut i gadw'n ddiogelwch ar-lein. Ddim yn siwr iawn ble i gychwyn? Fe all rhain helpu;

■ Gofynwch i'ch plentyn beth mae nhw yn hoffi ei wneud ar-lein a pa safleoedd yr hoffent ei ddefnyddio. Pa gemau mae nhw a'i ffrindiau yn hoff o chwarae? Dangosa imi dy hoff wefan. Gad i ni chwarae dy hoff gêm ar lein gyda'n gilydd.

▲ Gofynwch i'ch plentyn sut maent yn cadw'n ddiogel ar-lein. Beth sydd yn iawn i rannu ac ddim yn iawn i rannu. Pa awgrymiadau sydd ganddynt i rannu gyda chi.

● Gofynwch iddynt os ydynt yn gwybod ble i fynd am help. Lle awn nhw am gyngor, gwybodaeth am osodiadau diogelwch a sut i atal neu rhoi 'block' ar rhywun.

◆ Meddyliwch sut mae'r teulu yn defnyddio'r we. Allwch ddefnyddio'r we fwy gyda'ch gilydd? Oes na weithgareddau ar-lein allwch fwynhau fel teulu?

What can you do as parents?

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online.

Not sure where to begin? These conversation starter suggestions can help.

■ Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?

▲ Ask them about how they stay safe online.

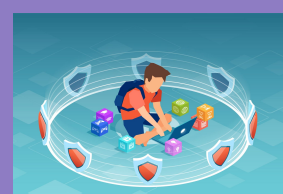
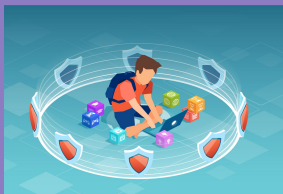
What tips do they have for you, and where did they learn them? What is OK and not OK to share?

● Ask them if they know where to go for help.

Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?

◆ Think about how you each use the internet.

What more could you do to use the internet together? Are there activities that you could enjoy as a family?



Gwefanau Defnyddiol/Useful Websites

 **UK Safer Internet Centre**
[Safer Internet Org](#)

[Internet Matters](#)



[NSPCC Online Safety](#)



[Gov.uk](#)



Online safety family agreement

An online safety family agreement can be used to start a conversation about online safety, agree expectations and boundaries and help to keep your kids safe online.



What to think about and questions to ask

- What are the **different things you each go online for?** It could be research for school work, keeping in touch with friends, or gaming.
- What are the **favourite apps or sites** each person uses?
- How does each family member **access the internet** – via a phone, tablet, or something different?
- Are there things that any of you are doing online that are worrying or **affecting others?** Think about time spent online, is it interfering with family life such as meal times?
- **How do you talk** about online safety with your child – is it negative or positive?
- How many **devices in your house** are connected to the internet? Can you go on a hunt to count them and see if you each come up with the same amount!

Basics

- **Sharing** – what is being shared and with who? Think about what pictures and videos show, and what is being included in messages.
- **Content** – are the games, apps and chat sites suitable for the person using them? You should remember that what is suitable for one person in the household might not be suitable for another.
- **Chat** – what should your child do if someone they don't know messages them? Who are they talking to online and are they sure they are who they say they are?
- **Behaviour** – does anything your child does online affect behaviour? This could be getting angry if they lose a game, or feeling anxious that they've missed a post.
- **Settings** – do you have safety settings in place on broadband and wifi and on your child's devices like phones or games consoles, such as for location sharing and parental controls?

Behaviour

- There may be different agreements for different members of the household, this might be based on age, but also on ability to understand the risks and being able to deal with challenges.
- The agreement might be broken at some point, that isn't a failure, but use it as a time to talk about what has happened and why and what you can do to help keep to the agreement in future.
- You'll need to review the agreement over time. Agree how long it should be before the next review.
- Think about how you are talking about online behaviour – promote positive behaviour rather than focusing on negatives.

Remember

Once you've talked together about how your family use the internet you can use this agreement to note down what you each agree too. Make sure your agreement works for each member of the family and you all understand that online behaviour may need to change to stick to the agreement.



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Visit the NSPCC website for further information.