

North
East
Arts
Touring

Parents'

Digital Safety & Wellbeing Kit





Video Calling

1 Password Protection

- Avoid video calling where the group is not password protected.
- You do not want strangers watching your kids speak.
- Reconsider using apps where password protection is not possible.

2 Consider Your Surrounding

- Consider the background when your kids are calling or uploading any material to the web.
- Content that lives online could inadvertently reveal security information about your home, for example, where the burglar alarms are and access points.

3 Recorded Conversations

- Check if the conversation is being recorded.
- Some apps and websites record automatically.
- Check the settings and turn recording off if necessary.
- NEAT will never record an online session without asking for permission and giving a reason for the recording.



Devices

4 Updates

- Make sure your operating system is up to date.
- Hackers can exploit flaws in operating systems to access personal data, so tech companies constantly close the loopholes.
- When asked to allow an upgrade, you should do so.

5 Improve Settings

- Apply 'safe mode' - this will block some type of pop-ups, reduce advertising and help avoid inappropriate content.
- Turn off location ID so people will not see the device's location.
- Disable the auto-fill function to avoid unexpected purchases and require passwords to make credit card payments.





Browsers and add-ons

6 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.

7 Fake News

- News about coronavirus changes every day, and it is important that children know how to spot fake news, so they stay informed about what is really happening, and do not become frightened by something which is not real.

8 Adverts

- Adverts usually are not controlled by the websites you visit, and you may not want your child to see them.
- Install an adblocker, such as uBlock Origin, which will turn them off for most websites.



Username & Passwords

9 Keep A Low Profile

- Make sure your username and profile information does not give strangers information on your child's name, age, and location.
- A username should not be your child's real name.

10 Strong Password

- Use a strong password, ideally a 'pass-phrase' made up of three random words.
- If stuck, ask your children; their imagination is probably better than yours.

11 Vary Your Password

- You should not reuse the same password for every account and device.
- One trick is to use the first letter of the app at the beginning or end of your password.



Apps

12 Persuasive Design

- 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.

13 Family Accounts

- Consider using Family accounts.
- The Google family link or Apple 'Families' allow you to 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.



Wellbeing

14 Get Creative

- Time spent online does not have to be spent passively consuming content.
- It can be educational and can provide opportunities to build skills for later life.
- Use digital tools and free online resources to learn, build new skills, and discover new passions.

15 Family Accounts

- Encouraging children to give positive feedback and support to friends and family, as well as report any negative behaviour they come across, is a powerful way of demonstrating what a helpful and inclusive place the internet can be, especially during periods of social isolation.

16 Be Mindful

- Be mindful about time spent online and be ready to listen to any concerns.
- The internet offers lots of opportunities, but it can also be a place where children experience bullying or face social pressure.
- Listen to your children's concerns and maintain a dialogue.
- Encourage them to come up with ways of balancing their time online, for example using Android's
- Digital Wellbeing or Apple's Screen Time features to help them manage their notifications and time on their phones.

Information for this document has been gathered from the NSPCC website
<https://www.nspcc.org.uk/>

North East Arts Touring takes its child safeguarding responsibility seriously, if you would like a copy of our Child Protection Policy please email look@neatshows.org.uk

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The logo for North East Arts Touring is a pink square with the text "North East Arts Touring" written in white, stacked vertically in a bold, sans-serif font.

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