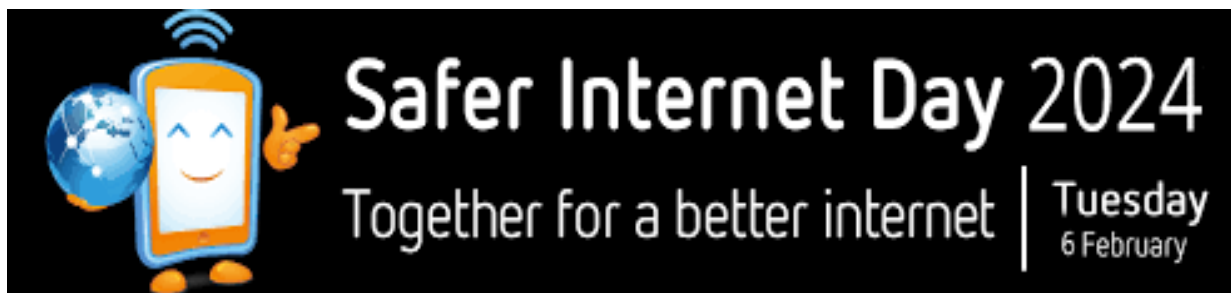


Safeguarding Matters at Trinity

Including everyone in meaningful and safeguarded life

Through these newsletters we aim to keep you up to date with the latest information in safeguarding and child protection. Together, we can help your family stay safe.

Issue 3 – January 2024



Safer Internet Day takes place across Europe on February 6th 2024. The aim is to empower everyone to support young people and their safe use of the internet.

There are some excellent websites with help and advice to ensure you know how to protect your child:

[Supporting young people with SEND | Childnet](#)

Digital devices such as I Pads, are often a welcomed source of entertainment for SEN children, but how much screen time is too much and how do you limit this?

[Managing children screen time - Parent advice | Internet Matters](#)

- Have a symbol for the device on your child's schedule at home.
- Use a finish box to put the device in when time is up.
- Set parental settings to disable the internet.
- Set visual timers for length of screen use.
- Use rewards to praise/ encourage putting the device down/ turning off.
- Parent/ child 1:1 time when the device is put down/ turned off.
- Always let a child have plenty of notice that they must finish playing and do something else. Transitions are a huge trigger for many of our children, and the more time they get to process endings the easier it is for them.
- A lot of our children's devices have in-built timers or you may be able to download a timer app. A child often copes much better if the device has closed them out of something rather than the parent being preserved as the "baddy" and making them come off it. They are likely to be more accepting if it is technology driven rather than parent-driven, although even with timers, our children do need lots of warning about when their time will be up.

Here at Trinity, we can help! We can offer support and advice to keep your child safe on their devices. Contact the Family Support team or your child's class teacher.

Alternatively, you can visit <https://www.internetmatters.org/parental-controls/social-media/> or <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>