



Ravenscote Junior School

Digital Parenting Newsletter Autumn 1



MEET OUR DESIGNATED ONLINE SAFETY OFFICERS



What's Inside?

- AI – Find the fake.
- Key steps for proactive online parenting.
- How to protect your child from inappropriate content.
- Password Power – how safe is your password?

KEY STEPS FOR PROACTIVE ONLINE PARENTING.



Three-step Online Defence Strategy

Protecting your child from inappropriate content requires a layered approach covering your broadband network, the hardware device, and individual applications.

THREE-STEP ONLINE DEFENSE STRATEGY

STEP 1: Broadband Network Filtering



Network-Level: Apply content filters directly on your home Wi-Fi router to safeguard all connected devices at once.

STEP 2: Device-Level Screen & App Management



Configure explicit content blocks, screen lockouts, and bedtime limits on operating (e.g., iOS Screen Time, Google Family Link).

STEP 3: App-Specific Safety Controls



Activate built-in safety features, age filters, parent PINs, and chat restrictions within specific applications.

Find the Fake

Misinformation is becoming increasingly difficult to recognise, particularly as AI makes convincing images, videos and other content much easier to create.

Internet Matters has a useful interactive Find the Fake resource that families can use to test how well they can spot misinformation online.

Rather than simply telling children not to believe everything they see online, activities like this provide an opportunity to develop practical critical-thinking skills: considering the source, checking the evidence and recognising some of the techniques used to make misleading information appear convincing.

<https://www.internetmatters.org/issues/fake-news-and-misinformation-advice-hub/find-the-fake/>





PASSWORD POWER!

Stronger passwords.
Safer online.

We all have lots of online accounts to remember – from gaming and streaming to email, shopping and social media.

Strong passwords are one of the easiest ways to help keep your family safe online.

The good news? A few simple changes can make a **BIG** difference!



CHECK IT!

How long would it take a computer to crack your password?

It can be surprising to see how quickly a computer could work out a password that seems difficult to us!

Use the link to test the strength of a made-up password and see how long it could potentially take to crack –



<https://www.security.org/how-secure-is-my-password/>



It might be quicker than you think!

A stronger password takes longer to crack!



CREATE IT!

Need a stronger password?
Let technology do the hard work!

A random password generator can create a strong, unpredictable password using a mixture of letters, numbers and symbols.



<https://www.security.org/password-manager/password-generator/>



Remember:

Try to use a **different** password for **every** important account. That way, if one password is compromised, your other accounts are not automatically at risk.



PROTECT IT!

How secure is your family's digital life?

The South East Cyber Crime Unit provide helpful advice and tools to help families check their cyber security and make simple improvements. Take a few minutes to check your family's online security and see what you could do to stay safer –



<https://southeastcyber.police.uk/cybersecurity-individuals/>



Check. Create.
Protect.



Stronger accounts



Less risk of hacking



Greater peace of mind



Small steps. A safer online world for your family.