

During this difficult time, children’s only contact with friends might be through social media and other technology. Here are some tips to keep them safe and happy. Talk to your children about ‘owning’ their behaviour online.

‘Own It’ App

‘The BBC is launching a new app to try and help the wellbeing of young people online. It’s called Own It and it encourages young people to stop and think before they hit the send button. It monitors how they interact with their friends and family online and uses artificial intelligence to try and see how a child is feeling.’



The APP can be found here: <https://www.bbc.com/ownit/take-control/own-it-app>

“Being Bullied? Five things you need to do RIGHT NOW!”

<https://www.bbc.com/ownit/curations/bullying-and-trolling>

Fake News: How to know who to trust online.

In these uncertain times, it’s natural to look for information about how to keep ourselves safe but it is important to think about which sources of information can be trusted. Who would you usually go to for medical advice, a friend or a doctor? The same rules apply online. Think about who is writing the article, is it a well-known and trusted source (bbc or other official news channel) or an article linked on social media? If a link is sensationalised, dramatic or all in capital letters, their intention might not be to inform you but rather to get you to click on their site because they make money from online advertising. Talk to your children about deciding what is true or false online.