

## **General Weblinks**

<https://www.internetmatters.org/resources/esafety-leaflets-resources/>

## **Online Safety by Age**

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-Matters-Guide-Online-safety-for-parents-of-children-0-5-years-old.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-Matters-Guide-Online-safety-for-parents-of-children-6-10-years-old.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-matters-Parent-Age-Guides-11-13.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-matters-Parent-Age-Guides-14.pdf>

## **Screen Time by Age**

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-0-5.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-5-7-KeyStage1.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-7-11-KeyStage2.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-11-14-KeyStage3.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-14plus-KeyStage4.pdf>

## **Gaming Advice by Age**

<https://www.internetmatters.org/wp-content/uploads/2019/05/Internet-Matters-Guide-Gaming-advice-PreSchool.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/05/Internet-Matters-Guide-Gaming-advice-PreTeens.pdf>

<https://www.internetmatters.org/wp-content/uploads/2019/05/Internet-Matters-Guide-Gaming-advice-Teens.pdf>

While schools are closed and we are all in lockdown, children may be spending more time than usual on electronic devices or gaming online. While this is a fabulous way to talk and play with friends they cannot visit, it may also cause problems with disagreements about the amount of time spent on the devices and the games being played. There are also health issues linked to spending too much time on devices and online gaming.

Additionally, there are always internet safety matters to consider and it can be difficult to know where to set boundaries or what conversations are needed to ensure everyone is happy and safe

Internetmatters.org is a website with a whole host of useful advice and information to help parents if they are unsure or want advice about issues such as online safety, screen time and online gaming. Following this link <https://www.internetmatters.org/resources/esafety-leaflets-resources/> will take you to a page with a range of useful leaflets to look at, helpfully split into different age groups.