

# Safeguarding

## Child Sexual Exploitation (CSE) 2 Building Resilience



### Task

Consider the top tip established by the SPDF CSE Project\* below, and map how you can promote them not only within your setting, but with parents and carers to apply at home:

- Filter! - Make use of filters and parental controls accessible to avoid your children being able to access inappropriate material
- Age ratings! - They are there to protect your children from content, as well as the people that can contact your child when playing games
- No internet zone! - If children get used to having no internet in their bedrooms, it won't be a battle when they reach their teenage years
- Keep it in view! - It is a good habit for children to get used to their screen being easily viewed by others and discourages secretive internet use
- Limit Screen time! - Get children used to accessing a variety of other activities to fill their time. Encourage new interests and hobbies.

- Nanny apps! – Nanny apps can be used to limit which apps can be downloaded, and limit Wi-Fi for individual devices in the home.
- Set a good example! - Think about your own phone and tablet use, and the example it sets to your children.
- Your social media! – Don't share information or photographs of your child that may make them vulnerable or embarrassed in the future. Consider who can see what you share.
- Alternative entertainment! – Avoid relying on your phone to entertain your child when out. Take puzzles, colours, books, figures to keep them busy.
- Check your browser history! – If children have access to your phone or devices, check what they potentially could access.
- Online bedtime! – Have an established curfew for devices to be switched off. Enjoy family time before bedtime and start good habits early.
- Utilise other forms of ICT! – If you want to use 'tech' in your children's bedrooms, consider devices that do not have internet access.