

# Howth Road School - Safer Internet Day: Parent Resource Pack

## Introduction

The Howth Road Parents Association is committed to fostering a safe and positive online experience for children. Safer Internet Day is a chance to engage families in discussions about online safety, responsible digital behaviour, and digital well-being. This resource pack provides tools to continue these conversations at home. 🌐🔒

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## Supplementary Activities for Families

### Family Discussions

Use a [topic generator](#) to encourage open conversations about online safety.

### No-Screen Time Plan

Help families create a custom plan for screen-free evenings or weekends.

[An example of a plan below for reference](#)

### Colouring Competition

The #HTMLHeroes Colouring Competition is back! To participate:

📄 Download the template for your child's class.

✍️ Submit entries for a chance to win vouchers and receive a certificate!

[\[Link to templates\]](#)

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### Family Discussion Guide

Encourage open conversations with your child using these prompts:

#### Starting the Conversation on a Positive Note

- What do you like most about the internet and why?
- What's your favourite game/app/site?
- How does going online make you feel?
- How does technology make your life better?

#### Talking About Sharing Online

- What is okay/not okay to share online? Why?
- What should we do before sharing things online?

- Can people say/do whatever they want online? Why/why not?
- What do we do if someone shares something about us that we don't like?
- How do you feel about parents/carers sharing things about you online and vice versa?


#### Discussing Trust Online

- Can we trust everything we see online?
- Where do you go to find trustworthy information?
- How do you verify if something online is true?
- What questions should we ask before trusting online content?
- How much can you trust people you only know online?

#### Looking After Yourself and Others Online




- How do you stay safe online?
- Where do you go for help if needed?
- What should you do if being online makes you feel worse?
- How can you support a friend struggling online?

## No-Screen Time Plan for Families




 **Goal:** Encourage meaningful offline interactions, reduce screen dependency, and promote healthier habits.

### Set Screen-Free Time Blocks

#### Weekdays:

-  Morning Routine (7:00 AM - 8:30 AM) → Focus on breakfast, getting ready, and conversation.
-  Dinner Time (6:00 PM - 7:30 PM) → No devices at the table; encourage family discussions.
-  Before Bed (8:30 PM - 9:30 PM) → Read books, journal, or relax without screens.

#### Weekends:

-  Outdoor Play (10:00 AM - 12:00 PM) → Walks, biking, or playing sports.
-  Creative Time (2:00 PM - 4:00 PM) → Arts, crafts, puzzles, or board games.
-  Family Bonding (6:00 PM - 8:00 PM) → Cooking together, storytelling, or game night.

### Create a No-Screen Zone

#### Screen-free areas:

- Dining table
- Bedrooms (to improve sleep)
- Study/homework area

### Replace Screens with Engaging Activities

- ◆ For Kids: LEGO, puzzles, drawing, outdoor play, reading
- ◆ For Teens: Sports, DIY projects, journaling, board games
- ◆ For Adults: Reading, mindfulness, gardening, exercise

### Encourage Family Involvement

- ✓ Set a family challenge (e.g., one full screen-free day per week).

- ✓ Use a screen-time tracker to build awareness.
  - ✓ Reward participation with special activities (e.g., movie night, outing).
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## Additional Parent Resources

### A Better Internet: Guide for Parents

The National Parents Council (NPC) provides a comprehensive guide covering:

- Online privacy and security
  - Social media and screen time
  - Managing online content and cyberbullying
- [\[📖 Guide for Parents\]](#)

### Government Resource: Keeping Children's Smartphones Free

The government offers practical advice on:

- Setting boundaries for screen time
  - Ensuring age-appropriate content
  - Encouraging healthy digital habits
- [\[📖 Keeping Children Smartphones Free\]](#)

### Useful Websites

- Common Sense Media
- National Online Safety
- Digital Wellness Lab
- The Center for Humane Technology
- Family Online Safety Institute
- Cyberbullying Research Center
- Digital Wellbeing by Google
- UNICEF Reports
- AAP Guidelines
- European Commission's Safer Internet

### Recommended Books

- Raising Digital Natives - Devorah Heitner
- The Tech-Wise Family - Andy Crouch
- How to Break Up with Your Phone - Catherine Price

### Podcasts & Webinars

- The Digital Wellbeing Podcast
  - The Future of Learning
  - [Webinar Recording: Keeping Our Kids Safe Online](#) (Passcode: 9t8T6&p&)
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# Parental Controls for Popular Apps

## Snapchat

- Enable Family Center to monitor interactions.
  - Set privacy settings to control contact options.
  - Disable Quick Add to prevent strangers from connecting.
- [\[👉 Snapchat Parental Controls Guide\]](#)

## WhatsApp

- Use Privacy Settings to limit profile visibility.
  - Enable Two-Step Verification for security.
  - Block and report inappropriate contacts.
- [\[👉 WhatsApp Safety Guide for Parents\]](#)

## Roblox

- Activate Account Restrictions to limit interactions.
  - Use Parent PIN to control settings changes.
  - Enable Chat Filters to prevent inappropriate language.
- [\[👉 Roblox Parental Controls Guide\]](#)

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## Practical Steps for Parents

1. Set Clear Digital Boundaries
  - Establish screen time limits and tech-free zones.
  - Encourage balanced online/offline activities.
  - Use parental controls on devices and apps.
2. Stay Involved
  - Know what apps and sites your child uses.
  - Have regular discussions about their online experiences.
  - Play games and explore online spaces together.
3. Teach Critical Thinking
  - Encourage children to question online content.
  - Discuss what makes a source trustworthy.
  - Talk about online advertising and potential scams.
4. Promote Positive Online Behavior
  - Model kindness and respect in digital interactions.
  - Discuss the impact of words and actions online.
  - Encourage children to report harmful content.
5. Know Where to Get Help
  - Familiarize yourself with safety features on apps.
  - Teach children how to report inappropriate content.
  - Contact Webwise.ie for support.