



Online Safety Newsletter

Summer 2023



All of the children in school learn about how important it is to stay safe when they are online. Here are some resources and links which might help you to help them with this.

Age restrictions—do you know the age limits for social media apps? We recommend that you follow these with your child to keep them safe. They are a good guide as to when children are able to manage these sites safely.



Top tips to balance screen time

- Set rules together
- Stay engaged in their screen use
- Discuss online risks and how to stay e-safe
- Set a good example with your own screen use
- Use tech tools to manage their time and access

4 signs of too much screen time

1. Your child is overstimulated—this might mean they are aggressive, restless, emotional or defiant
2. Your child finds it difficult to drop off to sleep and are 'tired but wired'.
3. Your child likes screens more than people and becomes antisocial
4. Your child reacts badly to no screen time and finds it difficult to manage their feelings.

Are you worried about something online?

Did you know... if your child receives any messages which worry you or any inappropriate photos then you can report these to the police easily. Just visit www.ceop.police.uk and follow the link. Please also let us know in school so that we can follow this up with the children.

Positively Online

The NSPCC website has six top tips for helping to improve your family's online wellbeing. Just visit <https://www.nspcc.org.uk/keeping-children-safe> to find out more.

Stay safe online

Remember the 5 SMART rules when using the Internet and mobile phones.

- S SAFE** Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.
- M MEET** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.
- T TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Beware! Not everyone online is who they say they are!



Need more advice about online safety?

If you're stuck, not sure what to do, or if you're worried about your child, you can also contact NSPCC trained helpline counsellors on **0808 800 5000**.

Childline also has lots of information about online and mobile safety that will help you and your child.