Dear Parents and Carers,

Safer Internet Use

As the new year begins, it is a good time to remind ourselves of a key aspect of life in current times. At school, we take the safety of our pupils very seriously, and this includes their safety while they access the internet. We want this approach to e-safety to spread to the home online environment too and I am therefore writing to share some tips, advice and resources to help you keep up to date in the digital world that we find ourselves in.

- Think U Know website is always a good place to start https://www.thinkuknow.co.uk/ . This website has a 'report abuse' button that your child may have heard about at school. Thinkuknow aims to empower children and young people aged 4-18 to identify the risks they may face online and know where they can go for support.

- UK Safer Internet Centre https://www.saferinternet.org.uk/ . This centre delivers a wide range of activity to promote the safe and responsible use of technology by children and young people. They have some useful information about parental controls https://www.childnet.com/parents-and-carers/hot-topics/parental-controls and screen time https://www.childnet.com/parents-and-carers/hot-topics/screen-time-boundaries .

- UK Safer Internet Centre advises you to take four steps:
  - Have ongoing conversations with your children about staying safe online
  - Use safety tools on social networks and other online services, e.g. social media privacy settings
  - Decide if you want to use parental control tools on your home internet
  - Understand devices and the parental control tools they offer in the Parents' Guide to Technology.

- Digital Parenting is another useful website to look at https://www.vodafone.co.uk/mobile/digital-parenting . Digital Parenting advises you to set 'ground rules' by creating your own family IT policy.
- https://parentinfo.org/ Help and advice for families in a digital world
- https://www.digizen.org/parents/

There are three areas to really consider:
1. WHO your child is talking to
2. WHAT they're doing online
3. WHERE they're going online

The Big Issues
Create boundaries and rules for the amount of time your son or daughter can spend online. It is never too early to start putting limits into place.

The Basics
Choose an appropriate homepage on your family computer or tablet. For example, https://www.bbc.co.uk/cbbc .

Worth Checking
The apps (including educational), games and TV Shows on offer for children all have age ratings (PEGI Ratings) and descriptions for them. Please check the suitability of everything that you download for your child.

Talk it Through
 Share your technology rules with friends, grandparents, babysitters and older siblings, so that they stick to them when they look after your child or use family gadgets.

The rules and conversation you have now will set the tone for your child's internet use as they get older. The internet is an incredible resource and we all need to work together to help your children use it safely. I have attached two help sheets with this letter for your information:

> **Online Safety Guide for Parents & Carers** - Social Media
> **Parents - Online safety within the home**

Please read this advice about how to help your child if they see something upsetting online. https://www.saferinternet.org.uk/blog/advice-parents-what-do-if-your-child-sees-something-upsetting-online

Please do not hesitate to contact me if you have any concerns or questions about keeping your child safe online; we will do our best to help.

Kind Regards,

Sasha Lees
Deputy Headteacher