



Online Safety Newsletter

Safer Internet Day

This years theme is 'All fun and games? Exploring respect and relationships online'. *'From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.'*

With this in mind we have put together a newsletter full of information from Think You Know <https://www.thinkuknow.co.uk/parents/>

Keeping the children safe is our first priority and this includes when they are online.

Recently we have been increasingly aware that children right across the school are talking about games play and films and videos they watch, some of which are produced for children and adults much older than they are; including 'Huggy Wuggy', Squid Game and Fortnite.

Please use your judgement around the media you allow your child to access and consider all of their friends they may talk to and describe what they have seen. The following information will help you to talk to your child about keeping safe when online and give you sources of further information.

Watching videos

From animals doing funny things, to slime-making and game-tutorials, the internet has lots of fun videos for children to enjoy. But the amount and availability of content online means that children may see something inappropriate.

The internet is a public and open space where anyone can post and share content. This can be fun and entertaining for children, but it does mean your child may see something that is intended for adults.

Find out what to do if [you're worried your child might see something inappropriate online](#) or what to do [if they already have](#).

Children love to watch videos and YouTube is always a firm favourite! But sometimes children can be exposed to videos that are not meant for them. [YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on .



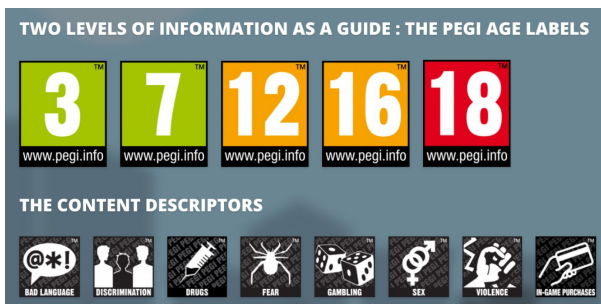
Remember, primary-age children should be supervised at all times when online.

Online gaming

Online games are social activities, and most have features that allow children to chat with others whilst they play.

For information about the positives of gaming, the risks of in-game chat and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#) .

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.



For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#)

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).



This link is quite handy to give a run down of each social media site and how it works too.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Chatting, being kind and making friends online

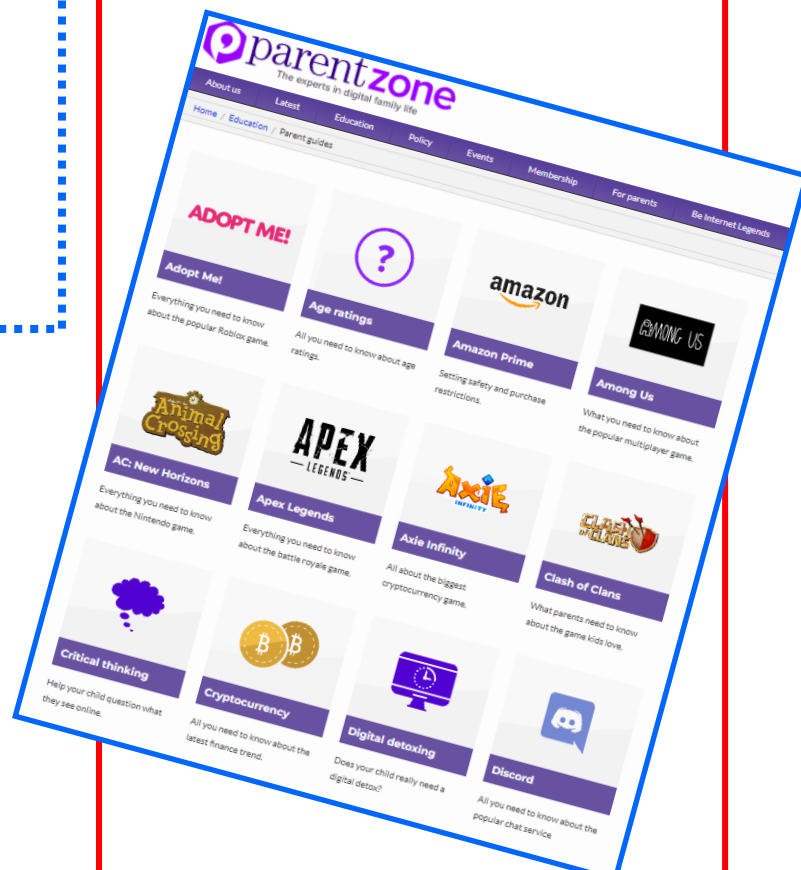
Primary-age children may not have previously had much experience with video chatting apps such as zoom, FaceTime and Skype, but may well be using them now for education or to keep in touch with family and friends.

The internet has many positive opportunities for children to learn and play, but it can also be used in negative and unkind ways.

It's really important to speak to your child about being kind online, and how they can get help if they see or hear anything that makes them feel worried, scared or sad.

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

Take a look at Parent Zones online [Parent Guides](#).



Steps you can take to help keep your child safer online

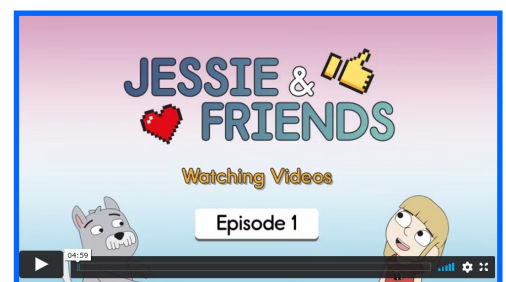
Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset.

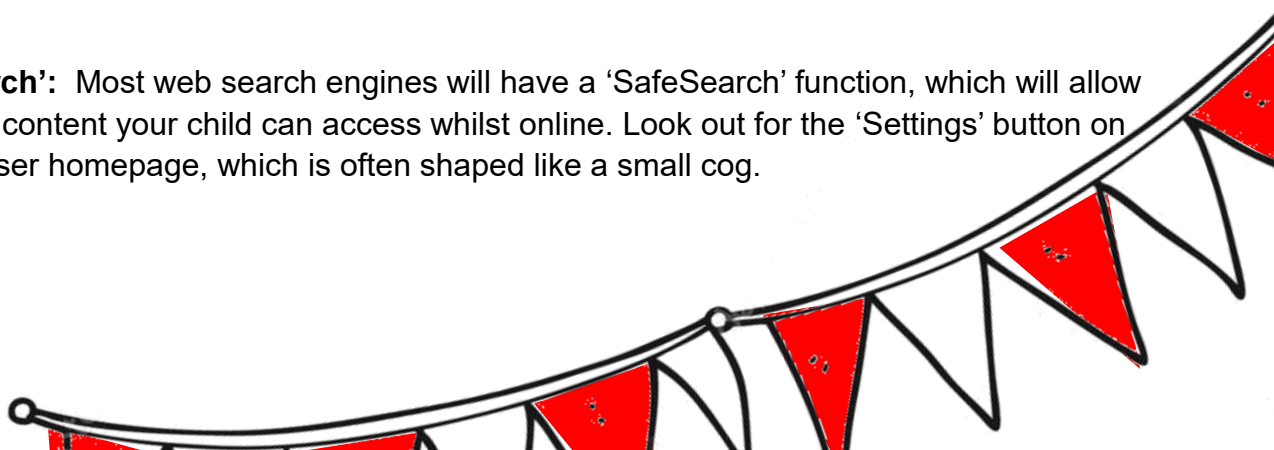
Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#).

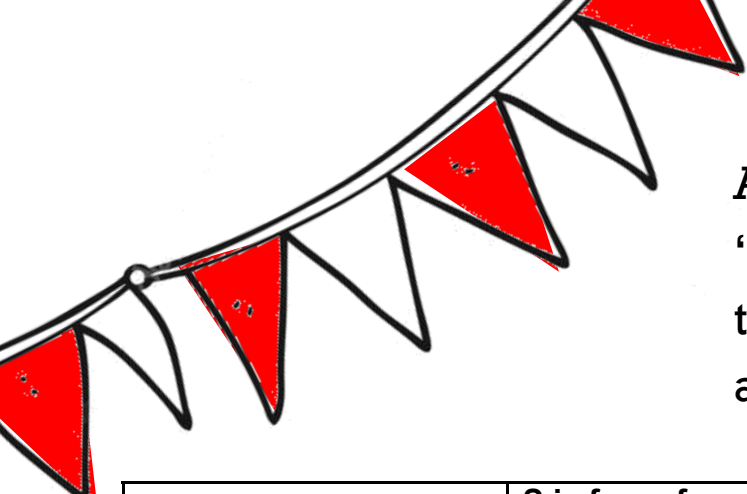


Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.







Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.





At school the children will learn 'Be SMART with a heart' as a way to learn to use the internet safely and positively.

	<p>S is for safe Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.</p>
	<p>M is for meet Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk</p>
	<p>A is for accepting Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you</p>
	<p>R is for reliable You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.</p>
	<p>T is for tell Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk</p>
	<p>Be SMART with a heart Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.</p>

