

"Leaders, staff and governors share a passionate commitment to raise the aspirations and achievement of all the students who attend the school."
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Dear Parents/Carers,

Staying safe and being a good friend on apps, sites and games

Please find below some very useful and informative safeguarding advice around children and the use of Social Media. We have obtained this information from LGfI Digisafe.

Children and young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online and principles you can help us remind your children about.

There is a handy fridge flyer to help parents at toptipscorona.lgfl.net which you may want to print out and keep.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's
COMMISSIONER



Day'

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

SO

It is really important children get the opportunity to chat to friends, it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

In the press, there have been reports of children being upset by bullying on chat apps, as well as some very distressing images being shared between friendship groups. This can usually be avoided if we remind children and young people to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset.

Please remind your children never to share scary or rude images, even to complain about them. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you or to us, or they may feel more comfortable talking anonymously to Childline. If you or they are concerned about an adult's behaviour towards a child online, report them to CEOP. And as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.

One more thing - this may sound like more relevant to older children, but the very youngest children need reminding not to get undressed or changed online. There's a fun song to get this message across at undressed.lgfl.net (plus background information for you).



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Government guidance for parents - online harms

The government has also produced a useful webpage listing sources of advice and support for keeping their children safe. The guide includes information about:

- Protect children from domestic abuse
- Teenage relationship abuse
- Child sexual abuse and exploitation
- Sexual assault referral centres
- Crime, Criminal Exploitation and County Lines, violence and gangs
- Protect children from radicalisation
- Prevent
- Online child safety
- Mental health

You can find the information here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm>

I hope that you find this useful. Please do not hesitate to contact the school if you have any questions or would like further support in this area.

Yours sincerely

Mr R Beattie

Designated Safeguarding Lead.