St Andrew's Online Safety Newsletter for Parents & Carers 1
2024

This week we have held our school Safer Internet Day. We will be sending out a series of Online Safety newsletters over the course of Terms 4 & 5 to signpost useful information to parents & carers. These will also be added to the school website.

Top Tips Parents and Carers:

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

Inspire change by modelling how to be safe online.

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology, and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer back to later and adapt as your child and your family's internet use changes.

Make a difference by having regular discussions about the online world.

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life. Not sure where to begin? Use the tips and conversations starters in our "Let's Talk About Life Online" resource.

Manage influence by researching the content and games your child enjoys the most.

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing. Our 'Parents and Carers Resource Sheet' is a great tool that you can use to research any websites, apps and games and find out more about specific content.

Navigate change by knowing where to go for further support.

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as 'Report Harmful Content', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.

Please visit Parents and Carers - UK Safer Internet Centre **for additional guides and resources.**

Top Tips Parents and Carers of under 7s:

These top tips have been written for you (parents and carers) to share, and talk about, with younger children. It's never too early to talk about life online!

Inspire change by spending time online together.

As your child starts to spend more time online and on devices, there will be opportunities for them to interact with others, make decisions and see a wide variety of content. Spending time with your child online together is an important part of them learning how they should behave and what to do if they are ever worried, upset or unsure about something on the internet.

Make a difference by having regular discussions about the online world.

As your child learns about the internet, they will likely have lots of thoughts and questions. Having regular discussions with your child gives them opportunities to tell you about the things they like doing online, as well as any concerns and worries they may have. A great time to have these conversations is whilst you are spending time online as a family.

Manage influence by being aware of the different things which engage your child online.

Your child might be influenced by a range of different things when online, such as exciting adverts, their favourite characters, and even by their friends. Not all influence online is negative, but it is important to be aware of what is engaging your child online and the impact this could have on them as they get older. Balance online influences with your own and your child's thoughts by talking about what they see and hear.

Navigate change by having a clear picture of your child's developing interests.

As your child grows up, their interests and hobbies will constantly change, and the things they are doing online are no different. Something they liked yesterday may be something they've lost interest in today. It is important to be curious and stay up to date with the games, apps and sites they are using and the safety settings available, so that you can help keep them safe as they start to explore the online world more.

Conversation Starters:

Here are some example questions that you could use to help start discussions about how we can all use the internet safely, respectfully, and responsibly.

Start the conversation on a positive note:

- ? What do you like most about the internet and why?
- ? How do you have fun using the internet and technology?
- ? What's your favourite game, app or website?
- ? How does going online make you feel?
- ? How does the internet and technology make your life better?
- ? Do you most enjoy going online alone, or with other people?

Talk about looking after yourself and others online:

- ? How do you stay safe online? What tips do you have and where did you learn them?
- ? Do you know where to go for help and where to find the safety tools on your favourite apps and games?
- ? What could you do if being online is making you feel worse rather than better?
- ? What could you do if you saw that a friend online needed some help or support?