



Thursday 28<sup>th</sup> February 2019

Dear Parents and Carers,

We have recently become aware of some parental concerns surrounding the use of technology at home.

We always strive to educate our children about respecting others both in the 'real world' and online and have regular discussions about the choices and consequences that pupils are responsible for when exploring the internet. We encourage the children to stay safe online, protect their digital reputation and look after their friends as they would on the playground. Online safety is as important as road safety and we need to build digital resilience.

**Amongst other things, children are guided to:**

- Be mindful of screentime and stick to limits, including using a device/gaming computer before bedtime.
- Search for sites and images that are age-appropriate.
- Tell an adult if they see or hear something that they are not comfortable with or that makes them feel unsafe.
- Never share personal information online or befriend people that they do not know in the 'real world'.
- Be a good online citizen, thinking before sharing.

Whilst we have many conversations in school about keeping safe online, we would encourage adults to take the same precautions in the home.

**Please remember:**

- The minimum age to open an account on Facebook, Twitter, Instagram, and Snapchat is 13, with the minimum age for WhatsApp being 16. Many younger children – while extremely proficient with technology, have not developed the ability to grasp the impact of their online actions.
- It is advisable to set strict boundaries and monitor your child's time on a device/game.
- It is advisable to remove devices from bedrooms before bedtimes.
- Talk to your child about what they are using their devices for and the problems they may encounter.

**You may find these links useful:**

<https://www.net-aware.org.uk/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<https://www.thinkuknow.co.uk/>

<https://parentzone.org.uk/article/three-minute-briefing-momo-challenge>

We aim to work in partnership with you in educating our children to stay safe on and offline.

Kind regards,

Mr George and Mrs Seddon



**Distinguished School**

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