

6 February 2023

Safer Internet Day 7 February 2023

Dear Families

On Tuesday 7 February we are supporting 'Safer Internet Day'. The theme of this year's celebration is 'making space for conversations about children's life online'.

Please see below a few tips and resources that you may find useful for today, and every day:

- Start early - Ideally, start talking to your child about online safety as soon as they are accessing internet enabled devices - it is never too early! This will normalise such conversations as well as reinforce important messages.
- Be open and interested - Ask your child to show and tell you what they do online. What apps, games and sites do they access? How do they use these e.g. do they speak/interact with others? Appreciate the opportunities and benefits, as well as help your child to understand any risks. This will create a positive and open climate so that your child is more likely to talk to you if something goes wrong. If you want to understand more about an app or game, then have a look [here](#).
- Make it regular- create regular opportunities for conversation so that you keep up to date with your child's online activity. It does not matter how you do this, and it should not be formal. Perhaps during a short car journey or on a walk.
- Be a good role model - remember that your child will see you using devices and so it is important that we try to practise what we preach.
- Consider using [the Family Agreement](#) as a great way of opening up a conversation about this. Seek help - If during a conversation your child tells you something of concern, stay calm and reassure them. Speak to the school's Designated Safeguarding Lead (DSL) for advice or see [here](#) for other support.

Further Information

- Our School Online Safety Policy which can be found [here](#).
- ParentSafe – (parentsafe.lgfl.net) for more resources and information about key online safety topics, sex and relationships, parental controls and good quality screen time.
- Internet Matters parental control guides – <https://www.internetmatters.org/parental-controls/>
- Safer Internet Day parent resources – <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers>



We hope you find some of these practical tips and strategies helpful and we encourage as many people as possible within our school community to engage with this year's theme.

Yours faithfully

Adam Gladstone
Deputy Headteacher and Designated Safeguarding Lead