



Stamford Green Primary School and Nursery



Welcome to our Online Safety Newsletter

Issue 2 - February 2023

Dear Parents, Carers and Children,

Welcome to the latest issue of our Online Safety newsletter. I hope you have managed to get to grips with all the new technology that may have arrived in your houses over the festive period.

Tuesday 7 February sees this year's Safer Internet Day. This year's focus is **'Want to talk about it? Making space for conversations about life online'**.

Coordinated in the UK by the UK Safer Internet Centre, the event sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, they are marking the occasion by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

That is why they are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.

This year they are hoping to answer the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?
- How can we all work together to advocate for them moving forward?

Working together, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.

See page two of this newsletter for some top tips for parents and carers produced by the UK Safer Internet Centre.

You can also get your child to have a go at this [quiz](#) aimed at 7-11 year olds about online safety.

Remember to check out the latest online safety guides as part of the National Online Safety's #WakeUpWednesday campaign on each edition of the School's newsletter.

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Parental controls

Many children will have been lucky enough to have been gifted a new games console over the festive period, but have you taken steps to protect your child from potentially harmful content?

Each console company produce a set of guidance on setting up parental controls and settings.

Click on the appropriate console below.



A healthy balance

We are often asked for guidance on how long children should have for 'screen time'.

The following blog has some useful advice on this as well as finding the best balance to work for your family. Scan the QR code for more details.



In-app purchases

Mobile phone downloads and apps are very popular among young people and are easily available from websites and online services such as Apple's App Store and Google Play.

Often when one emerges it can quickly become 'the thing' to have and talk about in the playground. A lot of popular apps are free to download, but this does not mean they won't charge you later on – many games are free up to a point, before then asking for a payment in order to continue onto the next level or to access additional features.

- Encourage your child to '**think before they click**'. Do they know exactly what they are clicking on? Do they know what the terms and conditions say and what this means in practice?
- Talk with your children about what in-app purchases are and that buying virtual items or currency can actually cost real money.
- Make sure your child knows to check with the bill payer before buying anything from an app store or within an app.
- Always check your bill for the credit/debit card or other payment method linked to the device and query anything strange.

Digital wellbeing tips

Parental controls can monitor time spent of different games or apps.

Mute or disable notifications. This means that messages don't automatically go straight onto the device's lock screen. You have to physically go into the app

Insist upon everyone 'being present' as agreed in your family agreement (see Issue 1).

Online Safety Top tips for Parents/Carers

■ Make space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

▲ Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

● Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

◆ Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

★ Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

