

SSLP Online Safety Newsletter



Dear Parents and Guardians

Today marks Safer Internet Day, a global event dedicated to promoting safer and more responsible use of online technology. To celebrate, we're sharing this special edition of our newsletter, focused on online safety for our children.

The digital world offers incredible opportunities for learning and connection, but it also presents challenges. Our aim is to provide you with helpful tips and resources to guide your child's online experience, ensuring they are empowered to make safe and informed decisions.

Thank you for your ongoing support in keeping our children safe. Let's continue working together to make the online world a positive and secure place for them.

Why Online Safety Matters

Children are growing up in a digital age where the internet plays a big role in their lives. While it offers great learning and social opportunities, it also comes with risks such as inappropriate content, online bullying, and privacy concerns.



Top Tips for Parents



1 Talk About Online Safety

Regularly discuss with your child what they do online, who they talk to, and how they feel about their experiences.

Starting a conversation about online safety

It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- Reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
- Ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- Be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- Ask them if they're worried about anything, and let them know they can come to you.
- Ask them about their friends online and how they know they are who they say they are.

2 Set Clear Boundaries

Use parental controls, set screen time limits, and encourage healthy online habits.

Parental controls can be used to block upsetting or harmful content, control in-app purchases or manage how long your child spends online. And the good news is, parental controls are really easy to set up. Innocent searches sometimes reveal not so innocent results. So if you're worried about what your child is searching for online, who they're talking to or what they're seeing, there are some simple rules you can take. It's simple to get started. And, along with talking to your child regularly, using parental controls is one of the best ways to help keep children safe online.

Top Tips for Parents



Scan the QR code below to visit Internet Matters, where you'll find comprehensive guides for setting up parental controls on various phones, internet services, and apps.



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Stay Informed

Social Media Age Restrictions

Under 13 (with parental consent)	13 +	16+	18+	18 (13 with parental permission)
GoBabble PopJam GRAM SOCIAL	Facebook Instagram Tumblr Twitter Skype iTunes Pinterest MyLOL Wink Snapchat TikTok reddit ASKfm	WhatsApp Telegram Meow Chat Meet Me Tinder 17+		flickr YouTube Spotify

Keep up to date with the latest apps, games, and social media platforms your child may use.

Is your child ready for social media?



Top Tips for Parents



4 Encourage Critical Thinking

Teach your child to question what they see online, recognise misinformation, and avoid oversharing personal details.

Fake news (misinformation and disinformation) seems to be everywhere and it can be difficult to know what you can trust online.

Conversations to have with your child:

- Explain the importance of not taking everything at face value.
- Encourage them to question things they come across.
- Get them to consider passing information on to people if they do not know it is true.
- The more we engage with a particular viewpoint online, the more social media platforms tailor content to reflect that perspective.



Recommended Resources

- UK Safer Internet Centre (www.saferinternet.org.uk)
- NSPCC Online Safety (<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>)
- ThinkUKnow (CEOP) (www.thinkuknow.co.uk)
- CEOP (<https://www.ceopeducation.co.uk/parents/>)

