

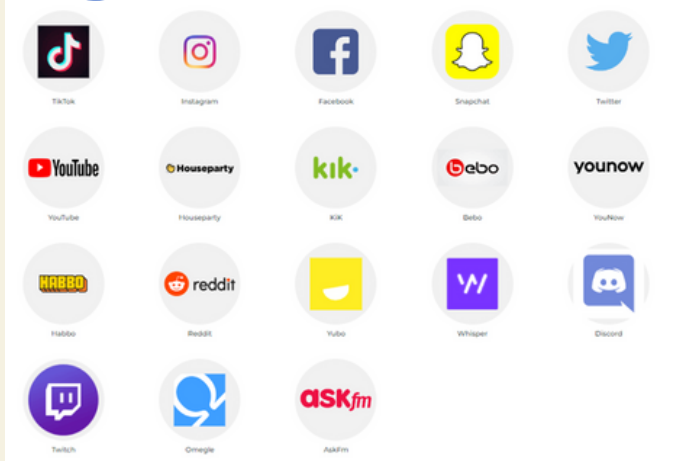
ONLINE SAFETY NEWSLETTER -AUTUMN 1

In today's technologically advanced world, it is crucial that we educate ourselves and our children about the potential risks and dangers that exist online. With this in mind, we would like to share some useful tips and recommendations to help ensure the safety of your children while they explore the digital realm.



One of the most effective ways to protect your children from inappropriate content or interactions is to be mindful of the recommended age limits for online apps and platforms. Many apps and websites have age restrictions for a reason, as they are designed to cater to the developmental needs and maturity levels of different age groups. We urge you to familiarise yourselves with these age limits and ensure that your children are using age-appropriate platforms.

Age 13 and Over



85%

of children felt technology was very or fairly important for them staying in contact with friends or family they otherwise wouldn't be able to

Children's wellbeing in a digital world, Index Report, 2022

In school we follow the SMART rules for online safety. Remind your children of these at home.

21%

of children said they stay up late (all the time or a lot) until the early hours of the morning on their phone, playing games or watching TV

67%

of children say they've seen something online that's worrying or upsetting

39%

of parents say they set parental controls on devices and apps; 40% of children say they can get around at least some of these controls

Useful Websites

www.internetmatters.org
www.saferinternet.org.uk

S Stay **safe** online by not sharing personal information

M Do not **meet** anyone who you have only made friends with online

A Do not **accept** messages or friend requests from strangers

R Not everything online is **reliable**. Some people online are strangers and may try and trick us

T **Tell** an adult you trust if anything happens online that you don't like

