

# ONLINE SAFETY NEWSLETTER -AUTUMN 2

With Christmas only a few weeks away, many of you will be using social media to share with friends and family. Being on social media is a great way to show others how much fun you're having, but it is important that we know how to use these apps safely and securely. Follow these tips to help your children.



## DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

## BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.

## REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.

## ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.

## ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

## ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.



## Enjoy a tech-free Christmas...

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

### WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

### CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

### WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

### CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

### Useful Websites

[www.internetmatters.org](http://www.internetmatters.org)  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

<b>S</b>	Stay <b>safe</b> online by not sharing personal information	
<b>M</b>	Do not <b>meet</b> anyone who you have only made friends with online	
<b>A</b>	Do not <b>accept</b> messages or friend requests from strangers	
<b>R</b>	Not everything online is <b>reliable</b> . Some people online are strangers and may try and trick us	
<b>T</b>	<b>Tell</b> an adult you trust if anything happens online that you don't like	

