

Dear parents, carers,

Over the last year or so, with lockdown restrictions and home-schooling, we've all had to change and adapt to new situations. One change was the increased access our children had to more screen time and exposure to more online opportunities. It is our duty to safeguard our children at Langdale Primary School and to raise parent awareness of the dangers online and how we can keep our children safe.

As part of our Computing programme of study, we are required to teach online safety. Online safety is much deeper than teaching our children to protect passwords and personal data. It is important that our school and parents work together as a team to teach our children the do's and don'ts when online.

<https://www.net-aware.org.uk/> have 8 tips to follow to keep your child safe online. These excellent tips help you, the parents, approach online safety.

This website also provides you with the age restrictions of the most popular apps and is updated to reflect current trends.

The following links are further places for you to find information on digital safeguarding. Please take some time to explore them and see the wealth of information that is on offer.

Common Sense Media - this allows parents to search for films, games, videos and apps and explore the content of them to decide if it is suitable for their child.

<https://www.commonsensemedia.org/>

This website identifies new apps and games which are causing concerns in the digital world of safeguarding. One example is: Among Us, a new game, which has un-monitored in-game chat, allowing anyone to contact your child through the chat function.

<https://parentzone.org.uk/article/among-us-parents-guide>

Social Media Checklists - this is an excellent website to provide parents with a "how to guide" to put restrictions on your child's account in order to keep them safe on social media.

<https://swgfl.org.uk/resources/checklists/>

What to do if your child sees something upsetting online - there may be times where, despite the steps you have taken to safeguard your child, they access something inappropriate. The following link gives you practical advice on how to deal with this situation and support your child.

<https://www.childnet.com/blog/advice-for-parents-what-to-do-if-your-child-sees-something-upsetting-online>

<https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/>

Despite its popularity, Disney is also being raised as a digital safeguarding concern. Disney will store cache from your child's choices and make suggestions on what to watch. If parental controls are not in place, a simple search of a word can lead to more explicit content that is not age appropriate. Placing age restrictions using the parental controls can help to avoid this. This guide advises you on how to use parental controls.

[Watch Introduction to Disney+ Parental Controls | Full movie | Disney+ \(disneyplus.com\)](#)

If you think your child is suffering from poor mental health as a result of online abuse, the following links take you to excellent resources which support the mental health of our children.

https://youngminds.org.uk/?gclid=EAIaIQobChMI75_AvM2n7AIViLPtCh3sFAEJEAAAYASAAEgLCopD_BwE

Mental health - returning to school after lockdown

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-coronavirus-lockdown>

Ollee App - Mental Health and Wellbeing

<https://app.ollee.org.uk/#/home>

Google Family Link is an excellent resource which can be downloaded to support the safety of your child when online. Parents can give permission on which apps are downloaded, can check the content of internet searches, can put time limits on screen time and know the whereabouts of their child. This link gives you more information on what to do.

https://families.google.com/familylink/?utm_source=google&utm_medium=cpc&utm_campaign=families_google&utm_term=google_family_link&gclid=EAIaIQobChMIzKqHt9Ob8AIVTbDtCh1e6wscEAAAYASAAEgJZNPd_BwE&gclidsrc=aw.ds