

Autumn 2023 Online Safety Newsletter from Coteford Junior School



Welcome to our first online safety newsletter of this year. Here are some guidelines to support you.

Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However, it's important we all consider how we can support children's **online safety** at all times. We have a comprehensive education programme in school (through PSHE and our computing curriculum) but we need your **help at home**.



Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. In school, we have strong filters for the internet but you may not at home. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).



Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Children are **novices** at navigating the online world they live in.



Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust.



Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. In school, we discuss **trusted adults** to whom you can discuss any concerns. It's useful to have a safety plan at home too. For a breakdown of report services for serious issues, visit: <https://www.internetmatters.org/report-issue/>



Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. **Thinkuknow** offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10s, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#). We use these resources in school and they are very useful.



Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.



Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first. A fun rule is: if you wouldn't wear it on a T-Shirt, don't post it online!



Use 'Safe Search': Most web search engines will have a '**Safe Search**' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog. Visit [Thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents/) for more information on keeping your child safer online. <https://www.thinkuknow.co.uk/parents/>



It's a real challenge for our children to navigate their way around the online world they live in. Another site which is really useful is the Common Sense Media website. This site reviews apps and outlines benefits and risks. Some age suggestions really shock our pupils. They are using many apps which are recommended for 13+ or even 16+. <https://www.commonsensemedia.org/>

Coteford Junior School is here to help with any concerns you may have, so please get in touch if you need advice or help.

Mrs Eckley (PSHE lead) and Miss Coburn (online safety lead)
