

Online Safety – Summer 1



Welcome to our online safety newsletter for the summer term. We are sharing some of the latest trends sent to us. We start with guidance on WhatsApp and BeReal. These are popular with children but come with many associated risks and an age range beyond primary education.

As always, please discuss with your child the importance of being polite online, including the need to only make supportive comments, refrain from saying anything they would not say in person, and treat others the way you want to be treated. The video "Power of Words" can be useful as a discussion starter.

Miss Coburn is our **Computing lead** and is available to help with any online safety issues. Mrs Eckley is our **PSHE lead** and can support with any pastoral aspects related to online issues.

WHAT'S APP/ BE REAL

WhatsApp is rated **16+**. The app allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where many people can contribute. The NSPCC advice will help you get to grips with the safety tools available including setting privacy and location settings. The risks of **WhatsApp** including unwanted contact, pressure to respond, location sharing, inappropriate content, cyberbullying and oversharing are explored.

[Explore the NSPCC WhatsApp advice](#)

BeReal app is rated 12+. This is a popular image-sharing app where you can post your own pictures as well as view other people's. Users can only post once a day and are only able to see their friends' images if they have shared their own. At a different time every day, users receive an alert telling them it's '**Time to BeReal**'. This gives them two minutes to take a picture, and post it on the app. The NSPCC advice page looks at potential risks including the pressure to share, location sharing, and inappropriate content, oversharing and unwanted contact.

[Explore the NSPCC BeReal advice](#)

The Power of Words

Help your children build empathy by learning how the words they use online are indeed powerful, and show them strategies they can use when they encounter cyberbullying. This is something we discuss in school every day as many of our pupils have seamless offline and online lives.

<https://www.common sense.org/education/videos/the-power-of-words>

This video can act as a discussion start to help you.



What are we learning about in school this term?

In PSHE, our focus in the **summer term** is about **personal safety** and **additional risks** and **responsibilities** as we grow up.

Transition to Secondary School – advice for Year 6 families

<https://www.childnet.com/resources/moving-on-up/>

Childnet has some guidance for families about some of the issues raised at secondary school including:

- Online bullying
- Group chats
- Peer pressure
- Phone use



 **Childnet**

Conversation starter ideas

- 1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- 2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- 3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and [how to report](#) or block on the services they use.
- 4 Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- 5 Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

Here are some ideas about conversation starters online. These are useful for all parents with all of our pupils. The best way to find out what's going on is to ask the experts! Children are often more skilled at navigating their way around the internet than us adults!

childline

ONLINE, ON THE PHONE, ANYTIME

Childline has excellent advice for parents / carers on a range of topical issues. The digital world moves at a rapid pace, it is hard to keep up! Tried and tested help is available from this website.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

Here are a couple of examples of topics that may support you.



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Online gaming

We can help you learn how to stay safe online when playing games.



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Online grooming

We're here to tell you what you need to know to keep you and others safe.