



# PARENTS' SAFEGUARDING NEWSLETTER

## St Michael's C of E Primary School

Welcome to our Safeguarding Newsletter where we will share useful information with you about safeguarding your children.

At St. Michael's, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families who are in our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement and their happiness underpins every decision we make.

### Online Safety advice for Early Years

Internet Matters have teamed up with EE to create 'Online Safety Starts Early.' This is a 4-episode series, for those with children in Early Years. Episode one highlights how to create positive habits from the beginning and then provides links to additional resources.

[Online Safety Starts Early](#)

### Moving to Secondary School

It won't be long until our Y6 children are getting ready to make their move to Secondary School, this is a big change in their education and as we continue to prepare them for this next step we would like to share useful guide for parents from Internet Matters - [Moving to Secondary School](#)

### NSPCC Listen Up, Speak Out Campaign

The NSPCC have launched a free, 10-minute digital training to learn what to do if you're ever worried about a child or their family.

Listen up, Speak up will show you:

- some signs a child might be at risk, and steps you can take to help
- how to approach difficult conversations to help keep children safe
- who you can contact if you're ever concerned about a child or their family.



### Mobile Phones

An Ofcom report showed that most children acquire their first phone between the ages of 9 and 11, during which phone ownership rises from 44% to 91%. We recognise that technology is a huge part of our lives and a really useful tool. However, can we please remind parents that phones are not permitted to be in the children's possession through the school day and must be handed in to and collected from the office at the start and end of the day.



In each newsletter we will share a National Online Safety guide for popular games/apps/sites. This will help parents/carers to understand more about these and how to keep the children safe online. This issue looks at top tips for safe and healthy online habits.



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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