

Dear families,

Tuesday 9th February is Safer Internet Day. Now more than ever, it is vital that children and families understand the positives and negatives of the internet. Understanding and discussing them openly as a family can ensure your children get the most out of the internet.

We would recommend strongly that you [talk through this survey](#) or go through these quizzes with your children – done in a friendly and fun way, the surveys will give you a clear picture of not just your children’s internet habits, but your own too!

These are common themes that we explore as an academy:

Difficulties for parents:

- How difficult it is for children now to maintain a safe digital profile
- How parent’s busy lives can often make it easy to “leave” children on a device
- How children copy their parents’ screen-time habits, both good and bad
- How mobile devices are often small, and can’t be monitored
- Pressures:
  - The pressure which girls, in particular, can be under to monitor, “like” and respond to social media posts
  - The pressures which many boys are under to “attend” and play games such as Fortnite
  - The time pressure on children to maintain a profile, such as:
    - o Scores and ranks on online games
    - o Read and respond to WhatsApp (etc) groups, some of which have over 1000 posts a day
    - o Manage basic vital routines, such as daily reading and times table practice

Positives

- How YouTube can be used to learn and master new skills in a very short period of time
- How positive posting can improve a profile
- How “no social media” and “no device time” is vital for children to learn real social and interaction skills

Vital Knowledge

- How websites track you and distract you with “clickbait” – often linked to ads targeted at children
- How one negative (critical, rude, bullying) post can have hugely negative effects
- How blue light emitted from devices disrupts sleep patterns and makes children struggle at school due to over tiredness – something which some boys in particular suffer from

Whilst we aim to help and support, we also accept that we do not know everything. However, as to prove the “positive” points above, the internet will offer all of the good advice you need. Below are vital links which we recommend that every parent should read, then revisit again every few months:

**Advice over safety:**

Many of the best resources are at : <https://www.saferinternet.org.uk/safer-internet-day/2019>

Again, there are many sites which offer advice for concerned parents. Parents with children at a range of ages will have to adopt a consistent set of rules to allow children to use the internet effectively (as parents see fit)

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whilst also staying safe. Thinkuknow has a particularly good set of separate mini-sites which offer advice for children of different ages.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/> <https://www.saferinternet.org.uk/advice-centre/parents-and-carers> <https://www.thinkuknow.co.uk/parents/> <https://www.ceop.police.uk/safety-centre/> <http://www.sutton.dudley.sch.uk/e-safety-resource-centre/> (a brilliant, detailed school website – great for parents of teenagers)

### **Positives - good habits**

The internet could be your child's key to a successful future. Lots of websites help children to learn about new (or homework!) topics; develop a new skill and become more self-confident and happy.

<https://www.supernanny.co.uk/Advice/-/Learning-and-Education/-/4-to-13-years/Best-homework-websites.aspx> <https://www.telegraph.co.uk/women/mother-tongue/familyadvice/3356119/The-20-most-useful-websites-for-children-and-families.html> <https://www.netmums.com/activities/top-educational-websites-for-children/8-brainpop>

### **Monitoring your children's devices:**

If you want to monitor and manage the content your children see and access online, there are many ways to do it. Read these articles for the best advice from online publications who know everything that you might want to know.

<https://www.digitaltrends.com/mobile/best-parental-control-apps/> <https://www.internetmatters.org/advice/apps-guide/monitoring-apps-parents-guide/> <https://www.techradar.com/uk/news/the-best-free-parental-control-software>

### **How to ensure that the best role-model is you!**

Children copy adults. Many of our children report that they are not allowed on devices by parents who themselves often use mobiles when driving, or read devices at mealtimes, family times, on days out etc. Whilst all parents want the best for their children, we need to show that we are trying to manage our time better too. Below are some good links to help you with this!

<https://www.webwise.ie/parents/advice-top-10-tips-for-parents/> <https://www.mother.ly/parenting/five-ways-to-fomo-proof-your-parenting> <https://www.verywellfamily.com/role-model-the-behavior-you-want-to-see-from-your-kids-1094785> <https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx>

If you would like any more help or support, please ask. Our pupils are amazing, but still need help, support and guidance to help them make positive choices in the modern, exciting, digital future!

Yours faithfully



Mrs A Million  
Principal

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