



Dear Parents and Carers,

Over recent months we have seen an increase in the need to support families with issues regarding the use of computer games; social media and internet safety. Some of these issues have come from the child themselves and others have come from you as parents and carers. Listening to today's news, you may have also heard reference to the following: **Instagram 'worst for young mental health'** <http://www.bbc.co.uk/news/health-39955295>

As mentioned in the newsletter, we have ensured that all the teachers are equipped to teach our children to be 'web smart' and have been delivering lessons with key messages so the children know how to keep themselves safe. **BUT**, they cannot do this by themselves. As adults, it is up to you to ensure that all the safety systems are in place.

Have you recently checked:

- the age appropriateness of apps such as Instagram, Facebook?
- ensured that your privacy settings are turned on?
- that all apps are password protected and that children know they do not share these with anyone?
- the messages on your child's phone to ensure they are only speaking to people they know?

The use of a tablet, IPAD, phone can be a great aid to keeping children entertained, but it needs to be used in a safe and secure way. **PLEASE** look at the links opposite and make sure your child is safe. It is your responsibility as their parent – the web; apps and games are vast and extremely insecure if not set up and used appropriately.

If you have any questions or concerns please do contact the school – we are here to help.

TAKE RESPONSIBILITY, KEEP OUR CHILDREN SAFE

Growing Up Online



Cyber-resource Information for Parents and Carers

www.internetmatters.org

rights.uk

Parent Controls film and guide: <http://bit.ly/1wPcHvy>

Julia's Cybersafety blog for parents and teachers:

<http://www.educationalappstore.com/blog/author/julia-bateson/>

Advice and guidance for parents:

<https://www.thinkuknow.co.uk/parents/>

<https://www.ceop.police.uk/safety-centre/>

To report a serious cyberbullying case:

<https://www.ceop.police.uk/Ceop-Report/>

Family guide to video games and ratings:

<http://www.askaboutgames.com/>

PEGI – checking game age ratings and content:

<http://www.pegi.info/en/index/>

Digiducks Big Decision:

<http://www.childnet.com/resources/digiducks-big-decision>

eSafety presentation for parents:

<http://www.childnet.com/resources/know-it-all-for-parents/kiafp-cd>



The eSafety app game for children on Google Play and iOS AppStore.



excite-ed cic



@joinexciteed



admin@excite-ed.co.uk

www.excite-ed.co.uk