



Christ Church

Church of England Primary School

Being Thankful, Celebration, Fairness, Forgiveness, Honesty, Love for All

July 2020

Dear Parents and Carers ,

Staying safe and being a good friend on apps, sites and games

Children and young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online and principles you can help us remind your children about. There is a handy fridge flyer to help parents at toptipscorona.lgfl.net which you may want to print out and keep.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's
COMMISSIONER



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

It is really important children get the opportunity to chat to friends, so it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

Some children sometimes share images between friendship groups. However, may upset children if it is referred to on chat apps. If we remind children and young people to look out for their friends this can usually be avoided. We need to remind them not to say anything that they wouldn't like to hear themselves and always stop or stand up for others if someone gets upset. Please remind your children never to share scary or rude images, even to complain about them. If they do see something that worries them or that they think might be wrong, all they need to do is ask for help from a trusted adult. Children could talk to you or to us, or they may feel more comfortable talking anonymously to Childline (08001111). If you or they are concerned about an adult's behaviour towards a child online, report them to CEOP. Also as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.

One more thing - this may sound like it is more relevant to older children but the very youngest children need reminding not to get undressed or changed online. There's a fun song to get this message across at undressed.lgfl.net (plus background information for you).

Thank you for your support - do let us know if you have any questions.

Mrs James

Deputy Headteacher

