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Dear parents/carers,

As a school we are becoming increasingly aware of some negative behaviours children are doing online which is causing upset and distress to some other children. This can be constituted as cyberbullying.

Over the last few weeks, we have had several children coming into school saying that they are being sent unkind messages in group chats and they feel “threatened” and “harassed” by these messages. We would not accept this as adults and believe children should not have to tolerate this either.

We acknowledge that it is tricky to keep up with trends and changes that happen online and, as such, can be even trickier to know what our children are doing when spending time online. It is important to have an open and honest discussion with our children about the risks and dangers of having an online presence, and to educate them on ensuring that they are safe when using these technologies.

To help us support your children with keeping safe online:

- Limit screen time
- Have open discussions about what is okay and not okay to say online
- Discuss how online behaviours can affect real lives
- Follow age-restriction guidelines when downloading apps/video games
- Set up family accounts/parental control settings to control what your child can access and see online
- Know what apps your children have access to and know the age limitations for each
- Know what your child is saying online or limit the number of instant messaging/social media they access

For more support or advice:

*National Online Safety (by the National Online College) – Free to sign up, endless advice on popular, current and historic apps, games, movies and trends.*



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<https://nationalcollege.com/library?sortBy=newest&phase=2&categories%5B0%5D=258&amount=24&selectedView=grid>

*Keeping Children Safe Online (NSPCC) – Tips and support for supporting young users of technology and the internet*

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/>

*Setting Up Parental Controls On Your Children's Devices (NSPCC) – Short guides on how to keep your children safe online through toggle controls for what they can access*

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Kind regards


















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## Age Restrictions for Social Media

<b>13+</b>		<b>16+</b>	
 Facebook	 Snapchat	 WhatsApp	
 Instagram	 Twitter	<b>17+</b>	
 TikTok	 Kik	 Sarahah	<b>18+</b>
 YouNow	 Yubo	 YOLO	 MeetMe
 House Party	 Monkey		 LiveMe

PEGI Age Restrictions and Content Warnings (often on the backs of CD cases or on a game's information page)



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