Bedwell Primary School

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Dear Parents,

Today is **Safer Internet Day**, and that's a great reason for us to have positive conversations about the way we go online and how we can make good decisions when using technology.

In assembly, we focused on this year's theme, '**Want to talk about it? Making space for conversations about life online**' We talked about the way we all use the internet, the advantages that this amazing technology offers, and also some of the problems that it can cause - including scams, online bullying, being told things that are not true and seeing scary things.

To help our children to stay safe, parents, carers, teachers and other adults are being encouraged to make time to talk to young people about their life online. Rather than reacting when things go wrong, this is about having regular, open conversations so we can be ready for whatever life may bring:

- Make space for regular conversations about life online
  Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

- Make space for enjoying and exploring the online world together
  Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology and the internet has to offer.

- Make space for working as a family to agree expectations for going online
  Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology. It's important to review these regularly and adapt them for each member of your family.

- Make space for learning about the apps, games and websites your child is using
  There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features so that you are best placed to help your child should anything go wrong.

- Make space for supporting and reassuring your child if things go wrong
  Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from school.

I have also attached some useful hints and tips from internetmatters.org, which (along with saferinternet.org.uk and childnet.com) is a good place to start if you're looking for more guidance.

Many thanks for your continued support,

Mr D Roberts

curiosity + empathy + co-operation + reflectiveness + independence + perseverance