

## Parent letter

As a community we are always concerned about our children's e-safety but perhaps it is even more important now when children may be spending more time online. Children are bound to spend lots more time on devices during school closure. DON'T FEEL BAD ABOUT IT – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy. We hope that the following information will act as a good reminder to all parents/carers and help to highlight the available online support should you happen to need it.

### Don't worry about screen time

aim for screen quality Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the [Children's Commissioner's](#) 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? [Internet Matters](#) has hundreds of guides to parental controls.

Get your children to show you their apps and games. You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for [Common Sense Media](#) or [NSPCC's NetAware](#). And why not download the [BBC's Own It](#) app?



Don't try to hide the news about coronavirus. If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch [Newsround](#) together and talk about how they feel – there is guidance from [Childline](#) to help you.

Remind them of key online safety principles. There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, THAT'S A LIE!



During this time at home you may need additional pastoral support with regards to your physical and emotional wellbeing, this could include supporting your child with LGBT+ related concerns, supporting positive behavior and mental health. Please find attached some support documents that outline the support that is available.