



Mental Health and Wellbeing Newsletter

Edition 5

St Mary's Catholic Primary School

Learning and Living Through Faith

Edition 5- Online Safety!

Welcome to this half term's Mental Health Newsletter focussing on Online Safety! Online safety for children is paramount in today's digital age. With the increasing use of internet-enabled devices, it is crucial to educate children about potential online risks and how to protect themselves. I hope this provides you with some key tips and ideas on how to keep your child safe on the internet.

"The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore" Psalm 121:7-8

S Speak to somebody if you need help

A Ask an adult before going online

F Friends are real people we know

E Enjoy play, have fun and stay safe

Stay safe online

Quality First Education Trust

BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information - or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

Parental controls:

- Nintendo Switch parental controls:** <https://www.nintendo.co.uk/Hardware/Nintendo-SwitchParental-Controls/Nintendo-Switch-Parental-Controls1183145.html>
- PlayStation parental controls:** <https://www.playstation.com/en-gb/support/account/ps4-parental-controls-and-spending-limits/>
- Xbox parental controls:** <https://www.xbox.com/en-GB/community/foreveryone/responsible-gaming>
- Apple iPad/iPhone parental controls:** <https://support.apple.com/en-gb/HT201304>
- Android parental controls:** <https://www.internetmatters.org/parentalcontrols/smartphones-and-other-devices/androidsmartphone/>

APP spotlight



You must be over 13 years of age to use TikTok. Some of the videos on TikTok may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If you are allowing your child to use TikTok then make sure the appropriate security/privacy settings are on.

Family Pairing - This allows you to link your own account to your child's account. You can then set controls such as restricted mode (limit the appearance of content that may not be appropriate) and screen time management. You can find out more here: <https://www.tiktok.com/safety/en/guardiansguide/>

Blocking and Reporting Ensure your child knows how to use the safety features available to them. You can find out more here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Tech Tips Live with Parent Zone You can watch back this 13-minute broadcast from Parent Zone (originally broadcast Jan 2023) which discusses what you need to know if your child is using TikTok. It's an excellent overview including how algorithms work on social media. You can access it here: <https://parentzone.org.uk/tech-tips-live>