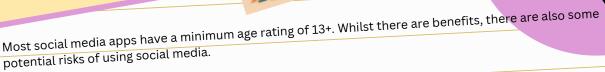
## ONLINE SAFETY NEWSLETTER

SPRING

This is the fourth online safety newsletter of the academic year for 2024-2025. Each half-term, we share an online safety newsletter with you to provide support and guidance on keeping your child/children safe online. Each newsletter will have a different E-Safety focus. This newsletter will focus on social media concerns.



- Inappropriate content social media may expose children to content that is not appropriate for Risks of Social Media: their age, including sexually explicit content or content that promotes harmful behaviours such as
- Cyberbullying this can take many forms, including sending nasty or hurtful messages, leaving unkind comments, sharing photographs of somebody else without their permission or impersonating
- Excessive Screentime/Addiction too much time online can affect mental health and disrupt sleep
- Contact from strangers there is a risk of stranger contact, which can lead to an increased risk of
- Challenges children may not have developed the skills and ability to critically analyse what they see online. Whilst some challenges are fun and provide no risk, there will be challenges online that
  - Sharing too much information children may share personal information e.g. their phone number,
- Algorithms algorithms influence what we see on social media platforms to keep us engaged on the platform. This can lead to 'echo chambers' where users are only seeing content that relates to their opinion rather than seeing a balanced viewpoint. It can also lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.

## How can I help make it a safer environment?

- Check the age rating of each app and restrict access until they reach that age.
- Set up age-appropriate parental controls, for example set content restrictions and screen time
- Chat to your child about what they are doing online, including who they are following and interacting
- Restrict devices in their bedrooms.
- Show your child how to use any reporting and blocking tools.

## **Further Information:**

You can find out more from the following:

- https://kidshealth.org/en/parents/social-media-smarts.html
- https://www.youngminds.org.uk/parent/parents-a-z-mental-healthguide/socialmedia/#Talkingaboutcyberbullying