

Dear parents / carers

**Staying safe and being a good friend on apps, sites and games**

Our young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online and principles you can help us remind our learners about.

There is a handy fridge flyer to help parents at [toptipscorona.lgfl.net](http://toptipscorona.lgfl.net) which you may want to print out and keep.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's  
COMMISSIONER



Digital 5 A Day  
Simple steps to a balanced digital diet and better wellbeing

It is really important that young people get the opportunity to chat to friends, so it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

Locally, there have been reports of young people being upset by bullying on chat apps, as well as some very distressing images being shared between friendship groups. This can usually be avoided if we remind young people to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset.

We have previously spoken to our learners about the dangers and pitfalls of sharing inappropriate images of themselves and indeed on commenting on images that are considered inappropriate. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you or to us, or they may feel more comfortable talking anonymously to Childline. If you or they are concerned about an adult's behaviour towards a child online, report them to [CEOP](http://CEOP). And as a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.

Thank you for your support - do let us know if you have any questions.

Yours sincerely



Gloria Gold  
Vice Principal – Pastoral Development