



23 February 2024

TO ALL PARENTS/CARERS

Dear Parents/Carers

Online Safety Letter

These top tips have been written for you (parents and carers) by the UK Safer Internet Centre to help you support your child to stay safe and happy online.

Inspire change by modelling how to be safe online

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer to later and adapt as your child and your family's internet use changes.

Make a difference by having regular discussions about the online world

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life. Not sure where to begin? Use the tips and conversations starters in Childnet's "[Let's Talk About Life Online](#)" resource.

Manage influence by researching the content and games your child enjoys the most

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing. UK Safer Internet Centre's '[Parents and Carers Resource Sheet](#)' is a great tool that you can use to research any websites, apps and games and find out more about specific content.

Navigate change by knowing where to go for further support

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as '[Report Harmful Content](#)', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.

For app guidance for parents and carers:

- [Snapchat](#)
- [TikTok](#)
- [Instagram](#)
- [WhatsApp](#)

Yours sincerely

Mrs S Brooker
Safeguarding Culture and Operational Designated Safeguarding Lead