



Tuesday 11th February 2025

SAFER INTERNET DAY 2025

Dear Parents and Carers,

As part of Safer Internet Day 2025, we felt it would be helpful to share some information with our parents and carers.

In school today, children will be looking at how to identify a scam online.



Below is a list of *Best Practice for Parents*. Further bespoke information about individual apps can be found on

<https://www.internetmatters.org/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.ceopeducation.co.uk/professionals/guidance/thinkuknow-parents-and-carers/>

Best practices for parents and carers

Know what privacy features are available

There are a range of privacy features and parental controls you can set up on social media accounts. These often include preventing unwanted contact from strangers and limiting the exposure of posts. Consider what restrictions work best for your family, ensure age restrictions are adhered to, develop understanding within the household of safer internet use and consider how privacy features could be lifted as time goes on.



Have a conversation

Social media gives a lot of freedom towards how children and young people express themselves. It's important to discuss the risks associated with engaging with strangers online, giving out too much personal information, sharing content that may be harmful or posting content that can damage someone's reputation. Discussing these areas can help them navigate social media in a way that allows them to experience the benefits whilst also being aware of the potential risks.



Be available to talk

Children and young people can encounter issues online that may cause upset or panic. Ensure that you or someone you trust is available to talk to them no matter what issue they may be having. Try to help them resolve the problem without causing more worry and know where to go for further

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support if the situation calls for it e.g. correct reporting channels and helplines such as Childline etc. Allowing family members to feel confident to come forward for support can help prevent problems from growing.

Prioritise wellbeing

Social media can offer many benefits towards children and young people throughout their development but it can sometimes bring negative effects that may result in poor mental health if not managed correctly. Ensure rules and boundaries are in place at home to make sure family members are able to step away from social media and enjoy family time offline. Maintain a healthy offline/ online balance and know when to put devices down.



Helpful Age ratings for Apps

Refer to the following websites for up-to-date information about social media apps and their associated minimum age rating.

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

<https://parentzone.org.uk/article/age-ratings>

Should you have any queries or would like some further support, please do not hesitate to contact either myself or Mrs Dutton in school.

Kindest regards,

Kate Jackson

Mrs Kate Jackson
Headteacher

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