

Online Safety Newsletter

Spring 2026



E-Safety is the duty of staff, parents and children. In school, children are taught how to be respectful, stay safe and behave appropriately online. Parents and carers are reminded, guided and strongly encouraged to educate children on what to do if and when they encounter danger and how best to deal with it.

Safer Internet Day 2026

Safer Internet Day 2026 will take place on the 10th of February 2026, with celebrations and learning based around the theme 'Smart tech, safe choices – Exploring the safe and responsible use of AI'.

From voice assistants, to chatbots, to algorithms, AI technology is playing an increasingly large role in all our lives. It is important that we find time to discuss these tools and the impact they can have on our own and our families' online experiences, including:

- the news and content we see,
- the way we work, including using AI for homework or studies,
- the risk of misuse of AI, for example to create realistic scams or non-consensual nude images[CB1].

We encourage you to join us in celebrating by continuing the conversation about AI technology at home. You can find helpful resources at: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

You may also like to use one of these prompts to start a conversation with your child:

- What's your favourite thing to do online?
- Have you ever used an AI tool? How did it make you feel?
- What do you like about AI technology?
- Do you have any worries about AI technology?
- What advice would you give to your friends about using AI?
- Who would you talk to if you saw something worrying online?
- What more can I do to help you feel safe online?



SAVE THE DATE
Safer Internet Day 2026 Tuesday 10 February

What I wish my parents or carers knew: A guide for parents on managing children's digital lives

Over the coming weeks, snippets of the new guide recently published by the Children's Commissioner will be published on Class Dojo.

For more information, go to: <https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

Why talking about digital life is hard for kids ...

... and how to make it easier



Parents and carers don't know enough

- 1 **Talk about both the good and the bad of life online**
Young people want to share their online interests but don't always understand the platforms they use or the online trends they enjoy. They also feel that adults focus mostly on what can go wrong, and rarely acknowledge the parts of being online that matter to them.

- 2 **Be involved early and collaborate on key decisions**

Young people say that when parents take an active interest from the start, they're better placed to help if something goes wrong. They also want to be consulted about decisions around their digital use, so they can understand the reasoning and feel the rules are fair.

- 3 **When in doubt, ask your child**

They know their online world best — and you're the person best placed to help them navigate it.

- 4 **If you're still unsure, speak to a teacher or trusted professional**

They can guide you towards the right advice and further support.

Fear of consequences

- 1 **Create a safe space for talking about what they see online**

Young people want to share their experiences but don't always feel they can do so in a safe and comfortable talk about the apps they use and what they're seeing online.

- 2 **Set ground rules together**

Agree rules with your child and be prepared for them to change over time. Reassure your child that you trust them, especially as they grow older. Involving them in these discussions helps them feel respected and empowered, as they can share their voice in the process.

- 3 **Be honest and explain**

If you limit social media access or encourage your child to have screen-free times. Young people understand that sometimes this is a reasonable response, but needs to be explained properly. If not, trust can be damaged and children might not open up a second time.

It's awkward/embarrassing

- 1 **Start conversations early and keep them going**

Keep the conversation going: responding to what your child says, and letting awkward or "taboo" topics stay in. Conversation starters are included later in this guide, and the [thinkuknow](https://thinkuknow.co.uk) website has age-appropriate ideas.

- 2 **Keep it casual**

Use everyday moments to talk about their online experiences — for example, while walking or driving. Teens say they don't want "the big talk".

- 3 **Be a role model**

Think about how you own habits set an example. Talking about your own online use to show family rules, and share stories from your childhood or teenage years — reflecting on how things might be different in today's digital world.

- 4 **Have a conversation and ask questions**

If you're unsure how to start, try watching an [#AsktheAwkward](#) video together.

- 5 **It's okay to laugh!**

Making a light, fun conversation and make conversations more comfortable. Teens say they don't want parents to be too serious or intimidating.

Online Games

Online games can be a great way for children and young people to keep busy and stay in touch with friends and family, but there are some risks:

Chatting to strangers/inappropriate language:

Some games allow communication via messaging or voice chat. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure to check settings are adjusted appropriately for your child. If your child is playing online with strangers, you must be aware of the risk of grooming. It is important to monitor that children's online friends are their real life friends. It can be difficult to moderate any online chat so ensure your child knows how to block and report other players.

Cyberbullying

It can be easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to be respectful. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.

In app purchases

Many games include the option to purchase additional items or subscriptions so make sure you have restrictions or a way of approving any purchases.

What can I do?

- Set up parental controls** - as well as setting up appropriate parental controls through the game's settings, ensure they are set up on the console/device as well.
- Check age ratings** - before buying a game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- Chat to your child regularly** - open conversations about the risks above so that they are aware of what may happen online. Keep open communication so they feel they can talk to you or a trusted adult if they have any concerns.

CEOP provides further guidance and support regarding this topic:

<https://www.ceopeducation.co.uk/parents/articles/gaming/>



ROBLOX



Cyber Security

This is the process of protecting your information and data whilst online against scams and cyber-attacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2-step verification

You can find resources here:
<https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>



Snapchat

Snapchat is a popular social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages to others that are only seen for a set time and users can upload to stories, which disappear after 24 hours.

Key Concerns

- The risk of viewing non-age appropriate content
- Location sharing
- Cyberbullying
- Contact from strangers
- Excessive screen time - children may have fear of missing out and pressure to maintain 'streaks'
- 'Disappearing' messages lead to more risky behaviour and false sense of security. These messages could be screenshot and shared.
- In app purchases

Parental controls/safety settings

Snapchat's Family Centre is a set of parental controls and includes tools allowing you to:

- See who your child is friends with
- See who your child has sent messages to in the last week (not the contents of the messages)
- View a list of group members for groups your child has been active in
- Restrict content to limit access
- Report any accounts you are concerned about

You can learn more about Family Centre here:
<https://parents.snapchat.com/parental-controls?lang=en-GB>



Thank you for your continued support.
Miss Bennett (Computing Lead)