



Dear Parents and Carers,

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

Children and young people are spending more time than ever on devices and so here is some information about staying safe online and principles it would be great if you can remind your children about.

Instead of focusing solely on the amount of time your child spends on screens, think instead about what they are doing online, and whether this represents a quality 'digital diet.' How does their online activity impact on their physical and mental wellbeing?

The Children's Commissioner's 'Digital Five a Day' framework has five things to think about each day to help put that into practice.



In particular, please speak to your child and agree some basic boundaries, such as screen-free times of the day (e.g. during mealtimes, during lessons at school etc.) or locations (e.g. in bedrooms), when devices should be switched off for the day (e.g. what time in the evening?) and where devices should be kept at nighttime to avoid their addictive pull. You could use the family agreement at [parentsafe.lgfl.net](https://parentsafe.lgfl.net) to help you with this.

We know how important it is to many children that they use technology to stay in touch with their friends. Although please note that the age restriction for all popular social media apps is 13 years (including TikTok, Snapchat, BeReal etc; WhatsApp is 16). Sometimes the online contact that children have with each other, can be unkind and harmful (e.g. bullying, inappropriate language/images being shared, children being excluded etc.).

Therefore, to ensure that children are communicating safely and appropriately, please help us to reinforce the following messages.

- look out for their friends.
- not to say anything to others that they would not like to hear themselves, or that would not be said face-to-face in school.
- stop or stand up for others if someone gets upset.
- report to a trusted adult if something happens in a chat that is upsetting or worrying.
- do not take or share photos or videos of people if they are upset or angry or without permission.

If they are worried about something online, they could talk to you or to any staff at school. They may feel more comfortable talking anonymously to Childline. If you or they are concerned about grooming behaviour by an adult, report this to [CEOP](https://www.childline.gov.uk). And as a parent, you can also contact the NSPCC advice line on 0808 800 5000.

Thank you for your support - do let us know if you have any questions or concerns. There is a lot more information available about online safety on our website and via [parentsafe.lgfl.net](https://parentsafe.lgfl.net).

Yours sincerely,

Ms D J Hines  
Executive Headteacher/Designated Online safety officer