



02.03.2022

Dear Parent/ Carer,

E-Safety is an important part of keeping children safe online. YGG Bryniago have security measures in place, which are constantly monitored, to help safeguard pupils from any potential dangers. E-Safety is taught to all of our pupils explaining and demonstrating how to stay safe and behave appropriately online. Pupils of all ages participated in Safer Internet Day activities once again this year. For a number of years we have also arranged numerous workshops for the older pupils in order to highlight the importance of this.

We can only be successful in keeping children safe online if we work with you as parents/ guardians to ensure the e-Safety message is consistent. We kindly ask that you talk to your children about how they can keep safe and behave appropriately online.

Children are accessing a greater amount of content online, than we were ever exposed to in our childhood. Remember that services have a minimum age limit:



### 13 years old and upwards:

- Snapchat
- TikTok
- Instagram



- Facebook
- Twitter
- YouTube
- Kik

### **16 years old and upwards:**

- Whatsapp

Companies set age limits for a reason. If you choose to allow your children to have these accounts then you will want to discuss with them the boundaries you expect.

You will find children can accidentally or deliberately be exposed to unwanted or unpleasant content or comments online and there are steps you can take at home to minimise this risk.

### **What can parents/carers do?**

#### **1. Ground Rules**

- Discuss as a family how the internet will be used in your house. Consider what should be kept private online (personal information, photos etc.) and decide rules for making and meeting online friends. Make sure you know what your child is doing online much like you would offline.
- Be clear what your child can and can't do online – where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.
- **Monitor your child's online activity regularly.** Read their messages in order to ensure that your child is spoken to in an appropriate manner. It is also important that you monitor that the messages your child sends to others is also appropriate. Teach your child how to be a kind and respectful friend online  
[https://www.youtube.com/watch?v=shKnvCm0\\_IQ&t=29s](https://www.youtube.com/watch?v=shKnvCm0_IQ&t=29s)  
 - Think about how their actions and words online can make others laugh and smile, instead of feeling hurt, upset or angry.

#### **2. Online Safety**

- Install antivirus software, secure your internet connection and use Parental Control functions for computers, mobile phones and games consoles to block unsuitable content or contact
- Ensure that the games they play online are age appropriate.
- Remember that parental control tools are not always 100% effective and sometimes, unsuitable content can get past them, so don't rely on them alone to protect your child. Once again, monitor what your child can see online.

#### **3. Location**

- Think about locating your computer in a supervised family area. Always supervise the use of webcams in an application, which allows voice or video chat. Consider your child's use of other devices that allow internet access such as Mobile Phones and Games Consoles.

#### **4. Talk to your child:**



- The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. If they're happy to, ask them to show you. Talk to them about being a good friend online.
- Always ensure your child knows how to block or report people online who send nasty or inappropriate messages or content. Encourage your child not to retaliate or reply.
- Make sure your child knows to tell an adult they trust if they see something online that makes them feel scared, worried or uncomfortable.
- It's also a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

#### 5. Speak up!

- There are many adults in your child's life who want to support them in having a safe and enjoyable time when they're online. Tell your child to always speak to one of these adults if anyone or anything online makes them or a friend worried, upset or uncomfortable.

#### Top Tips for children:

<https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

#### Top Tips for parents/ Guardians:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Cofion/ Regards,

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