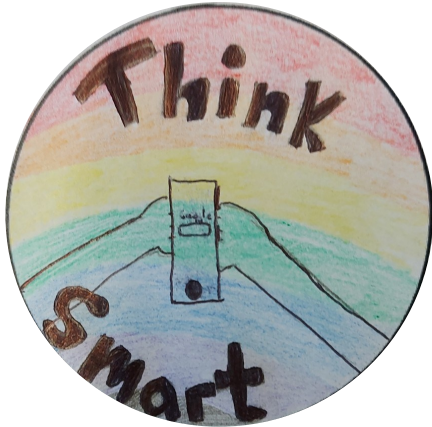


# E-safety Bulletin

Keeping our school community safe online and in the digital world



E-safety is everyone's responsibility, and it's vital that we empower our children to become savvy digital citizens. Equipping them with the skills and knowledge to access and navigate the internet safely is crucial, and that includes fostering critical thinking. We encourage our youngsters to "Think Smart" – make sure they question what they post and what they read.

As parents and guardians, you can help by monitoring your child's online usage and assessing their mental health. It's important to create a supportive environment where they feel comfortable discussing their online experiences.



Is it...

**T**True

**H**elpful

**I**nspiring

**N**ecessary

**K**ind

**S**afe

**M**eet

**A**sk

**R**eliable

**T**ell

## Online Safety Booth

Don't miss the chance to join the E-Safety Ambassadors on **Thursday 10th April** between 3 and 3.30 pm.

We'll be sharing informative and interactive tips to help keep each other safe online. Let's work together to ensure our children can explore the digital world confidently and securely!

# SMARTPHONES

Many people are glued to their phones these days, but is there anything that should concern you about this? Here the OSA suggest a few things to consider...



## Camera care!



The camera. Don't take photos of people or share them without that person's permission. Turn off geotagging too to avoid people finding your location.



## Sleepless nights?

Sleepless night? Turn off your phone an hour before bed. Your phone's bright screen stops the brain to stop producing "time to sleep" cues.



## Turn off notifications

Turn off notifications from social media and games. Reducing time spent looking at your phone is healthy, but if it is beeping and vibrating at you this is hard!



## Keep active!

The technology revolution has led to reduced physical activity and a range of health issues. Put down your phone and do some exercise!



For more support and guidance on enhancing online safety in schools visit:  
[www.onlinesafetyalliance.org](http://www.onlinesafetyalliance.org)

## E-Safety Parent Survey



Please spare a few minutes to complete the survey. Just scan the QR code and help us support parents with keeping our children safe online.

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

**1** Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

**2** Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

**3** Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

**4** Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

**5** Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)