



July 2020

Dear parents/carers,

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

Children and young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online and principles you can help us remind your children about.

There is a handy fridge flyer to help parents at toptipscorona.lgfl.net which you may want to print out and keep.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's
COMMISSIONER



Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

It is really important children get the opportunity to chat to friends, so it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

There have been reports of children being upset by bullying on chat apps, as well as some very distressing images being shared between friendship groups. This can usually be avoided if we remind children and young people to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset.

Please remind your children never to share inappropriate or offensive images or images showing criminal activity, even to complain about them. The sharing person can easily become incriminated by possessing or sharing illegal content. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you, or they may feel more comfortable talking anonymously to Childline. If you or they are concerned about an adult's behaviour towards a child online, report them to CEOP. As a parent, you can also contact the NSPCC - O2 advice line on 0808 800 5002.



RESPECT

ASPIRE



Dame Elizabeth
CADBURY
www.decschool.co.uk

BELIEVE

COMMIT

When school was open, we regularly reminded pupils that once something is posted online, it is there forever. Here we are reminding parents, carers and pupils that is still the case. Anything posted online, through an app or via a message leaves a digital footprint and can never be fully retrieved.

You must regularly talk to your child about online safety and screen their phone. Whilst we all want to trust our young people, we must stay vigilant in order to protect them.

Thank you for your support - do let us know if you have any questions.

Yours sincerely

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