



July 2020

Dear parents and carers,

### **Staying safe and being a good friend online**

Children have spent more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online.

Please do not worry too much about screen time - think instead about content quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' which includes five things to think about each day, to help shape what your child does online.

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.

Unfortunately bullying and sharing of inappropriate images can happen on messenger apps and chat functions within games. It helps to chat to children and remind them to look out for their friends online, not say anything that they wouldn't like to hear themselves, and always stop and talk to a trusted adult if someone gets upset by something that is said or shared.

Please remind your children never to share scary or rude images. 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 to us, 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](#). And as a parent or carer, you can also contact the NSPCC advice line on 0808 800 5002.

Finally, we need to talk to children about the importance of not getting undressed or changed online. This may sound like its more relevant to older children, but young children also need reminding. There's a fun song to help get this message across at [undressed.lgfl.net](#) (plus further information for parents/carers).

There is a handy flyer to help parents at [toptipscorona.lgfl.net](#) which you may want to print out and keep.

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

Yours sincerely,

William Barcroft Junior School

Children's  
COMMISSIONER



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