



IRCHESTER COMMUNITY PRIMARY SCHOOL

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A very powerful and thought provoking talk. Educational and informative. Will rethink how my family uses online technology

Good experience, a real eye opener in some areas, clearly explained.

Thank you for helping me see this from another perspective. Very informative.

Dear Parents and Carers

Thank you to everyone who was able to come along to the E-Safety sessions last week with Simon Aston.

For those of you that couldn't make the sessions, Simon did leave some key points to share.

Online Safety within the home

1. **Set fair and consistent rules** in relation to your child's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world.
2. Teach your child to **think critically about what they see, read or hear online**. For young children encourage them to ask "what would mum or dad say about that?" As they get older they need to be able to assess for themselves whether they are in a risky online place or whether the information they are receiving is reliable and helpful to them.
3. It's much harder for people to empathise with each other when their communications are digital. It's why trolls find it easy to post horrible messages. Helping your child to understand that and pause and think about the impact of things posted online, will help them cope with some difficult behaviour they will come across and avoid getting caught up in it.
4. **Maintain a positive outlook on our child's use of the internet**. Whatever you think to the stuff they watch or the hours they spend on Instagram or You Tube, if you constantly criticise the apps or games they love, they are not going to want to talk to you about their online life.
5. Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps. **Try to keep calm and carry on!** Think carefully about blocking apps or websites. This can exacerbate the problem. Making sure they know where to go for help if they need it, and recognising if they are not recovering well so you can step in and help. Don't forget parents can also talk to their child's school about online safety.

6. **Allow your child to explore and take charge of their online life.** Having some control over any given situation is an important part of resilience - and such an important part of digital resilience. It's essential in helping them understand and develop their own sense of what's right and wrong online.

Setting up and implementing the 3D's at home is vital:

Digital free zones – keep technology downstairs

Digital role models – parents lead by example online and with digital usage

Digital subset – young people need to come away from technology before they go to sleep.

Recommended Apps to download:

Netware aimed at parents highlighting different apps and games young people use

Internet Matters (tablet only) is a fun interactive online safety quiz that can be used at home with children.

Youtube for kids's app aimed at young children.

Other Useful Websites:

Childnet International – Critical thinking, Trust Me – Family agreements

Internet Matters – great for digital resilience

Think U Know

Life in Likes – Digi Duck

Targeting And Reducing Grooming, Exploitation & Trading of children and young people online – TARGET

HELPLINE open Mondays & Fridays 4.30pm – 8pm

NUMBER 07718 003219, Email target@servicesix.co.uk, Facebook: [ollie.target](https://www.facebook.com/ollie.target), www.servicesix.co.uk

Copies of the Digital Parenting Magazine from the parent sessions will be available at Parents Evening, so do make sure you get pick up a copy. Simon referenced good articles in the magazine that are worth a read.

Yours sincerely

Jo Thom
Family Link Worker/Pastoral Support

