

Friday 28th January 2022

Dear parents and carers,

Online Safety Newsletter – Spring 1 2021

Family Lives Charity: Building resilience in children and teens

The [Family Lives](https://www.familylives.org.uk/) charity aims to offer all parents somewhere to turn before they reach crisis point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do.

Family Lives also have an excellent website to help parents with the ups and downs of family life. One useful infographic is this one about building resilience in children and teens. You can download it here:

<https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/>

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222.

(Content provided by Andrew Hall – Safeguarding in Schools)

The things I wish my parents had known...about online sexual harassment

The Children's Commissioner, Dame Rachel de Souza DBE, has recently published a guidance document for parents helping them to understand online sexual harassment. It is a sensitive topic, and not one all parents feel comfortable discussing with their children.

The commissioner's team brought together a group of 16 - 21 year olds and asked them to talk about what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online.

Key advice from the young adults in the focus groups included:

- Start conversations early, before your child gets a phone or social media account. Keep the conversation going over time, adapting to your child.
- Young people want their parents to learn about new technology and trends, including risky behaviours and dangerous spaces online.
- Create a safe and trusting home environment. Young people told us the home environment is key, they want to share things with their parents but don't always feel able.

The report and poster 'The things I wish my parents had known...' can be downloaded here:

<https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

(Content provided by Andrew Hall – Safeguarding in Schools)

Headteacher: Miss S McGann

Deputy Headteacher: Mrs K Saunders

The Alliance-Multi-Academy Trust is a charitable company Limited by Guarantee registered in England

Registered number: 0856427

Registered Office: 39 Guildford Road, Lightwater GU18 5SA



Is Your Child Ready for Social Media?

The [ThinkUKnow](#) team at CEOP have written a great new blog post to give advice and guidance to parents regarding social media. It's a nice, simple, quick read going into the risks and considerations for whether the child is ready, minimum age requirements and more.

Many children want to start using social media in some form before they get to the end of junior school. It is well worth being prepared and knowledgeable before they get to this point so that you are ready for any requests and discussions that might arise.

The ThinkUKnow blog can be found at:

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>

As always, if you have any questions regarding your child's online safety, please do not hesitate to contact us.

Yours sincerely,

Mr Stevens

Computing coordinator