

Friday 25<sup>th</sup> May 2023

Dear parents and carers,

**Online Safety Newsletter – Summer 1 2023**

**XBox Gaming Safety Toolkit**

Many children and young people will be using Xbox gaming stations at home and as such Microsoft have put together quite a comprehensive toolkit (a PDF document) for parents, children and young people that goes into quite a lot of depth, including parental controls, guidance for all ages, common safety risks, bullying, unwanted contact and more. There is also age-specific guidance (from 5 years upwards) and case studies. The toolkit has been produced for gamers in Australia and new Zealand, but having read through I can see no reason at all why this can't be used by any person in any country, the information is all the same regardless. [Information from Alan Mackenzie esafety-advisor]

[https://assets.xboxservices.com/assets/b1/00/b100259a-3152-4f0a-a194-5eb1e42db368.pdf?n=Australia\\_Xbox-Gaming-Safety-Toolkit-v2.pdf](https://assets.xboxservices.com/assets/b1/00/b100259a-3152-4f0a-a194-5eb1e42db368.pdf?n=Australia_Xbox-Gaming-Safety-Toolkit-v2.pdf)

**Supporting Young Girls' Wellbeing**

Internet Matters have put together a guide for supporting young girls with their digital wellbeing. The guide includes tips for managing screentime, discussing FOMO (fear of missing out), and the impact that social media has on body image and self-esteem. While this guide is made with girls (aged 9-10) in mind, it is well worth reading even if you are a parent of boys or girls outside of this age range.

<https://www.internetmatters.org/advice/6-10/supporting-9-10-year-old-girls-digital-wellbeing/>

**NSPCC Positivity Campaign**

NSPCC have realised a Positivity Campaign containing six top tips to help children feel good about how they use the internet. The following link contains their top tips plus two videos and a quiz that can help you facilitate conversations with your children around their online wellbeing and feeling more positive with their online use.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/>

Yours sincerely,

Mr Stevens

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Registered number: 0856427

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