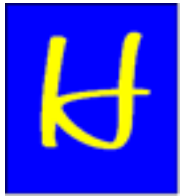# E-Safety Newsletter

Use the QR codes to see BSL translation.

Welcome to our Heathlands E-Safety newsletter.

In our fast paced world of ever changing technology it can be challenging keeping up to date with things. It's vital that we do though, to make sure our children stay safe online.

This new newsletter shares tips, advice and ideas to support you to keep your children safe.

What are the dangers?

Cyber-bullying
Around one in five children aged 10 to 15 yrs experienced at least one type of online bullying behaviour[1]

Mental health
Social media use is linked with increased rates of anxiety, depression and poor sleep[2]

Grooming
82% rise in online grooming crimes against children in last 5yrs[3]

Radicalisation
Exposure to extremist content and groups online can lead CYP down a dangerous path[4]

Sexting
At least 1 in 4 teens are receiving sexually explicit texts and emails
At least 1 in 7 are sending sexts[5]

Pornography
79% young people had encountered violent pornography before the age of 18[6]

1. https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/prevalence-and-impact-bullying/prevalence-online-bullying
2. https://www.rsph.org.uk/static/uploaded/d125b27c-0b62-41c5-a2c0155a8887cd01.pdf
3. https://www.nspcc.org.uk/about-us/news-opinion/2023/2023-08-14-82-rise-in-online-grooming-crimes-against-children-in-the-last-5-years/
4. https://actearly.uk/radicalisation/online-safety/
5. https://www.psycom.net/teen-sexting
6. https://www.childrenscommissioner.gov.uk/resource/a-lot-of-it-is-actually-just-abuse-young-people-and-pornography/

Unsure how to set parental controls? Here is a website where you can download **how to guides** for setting parental controls on your broadband, TV, social media and devices at home:
https://www.internetmatters.org/parental-controls

Parent view

We asked Oyin, mum of two Heathlands pupils and founder of Thrive Parenting coaching to share her top tips.

"I feel it is important that I show my children that I care enough to safeguard them and to protect their childhood."

❑ It's much easier to set the boundaries at the start. When we decide it's the right time to let our child have a device we must make sure to set clear boundaries about how they use it.

❑ It's a really good idea to have a "no devices in bedrooms rule". I found that it's the best way for to me to have a handle on whether my children are safe online and for helping them have healthy screen time limits. In my house, from the beginning, I set up a routine that devices are put on charge in my room overnight.

❑ It's really important to talk with our children and explain why we set boundaries to keep them safe online. Helping our children understand will send the message that we are doing this "*with* them and not *to* them". I feel it is important that I show my children that I care enough to safeguard them and to protect their childhood.

❑ When I bought my children their devices I set them up with Apple Family Sharing and made sure the passcodes were set the same as mine. This means I keep control of what apps they can use and can check their phones.

❑ When they were younger I used to check their phones daily. As they've got older this became spot checks from time to time.