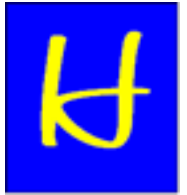




E-Safety Newsletter



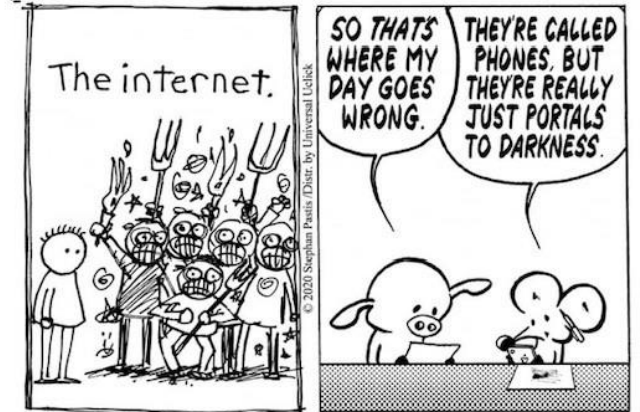
Use the QR codes to see BSL translation.



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.

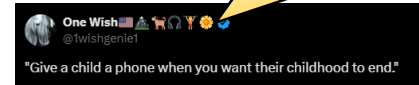
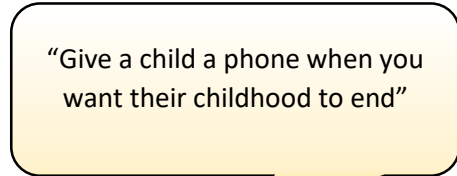
This new newsletter shares tips, advice and ideas to support you to keep your children safe.



In the News



You may have noticed internet and smart phone safety for children is in the news a lot at the moment. In this newsletter we highlight some that we've spotted.



Head teachers in St Albans are urging parents not to give phones to under 14s¹

More than four in five (83%) parents said they felt smartphones were "harmful" to children and young people²

- <https://www.bbc.co.uk/news/uk-england-beds-bucks-herts-69044426>
- <https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o>
- <https://www.independent.co.uk/news/uk/politics/brianna-ghey-government-society-damian-hinds-england-b2516006.html>

Children as young as nine have been added to malicious WhatsApp groups promoting self-harm, sexual violence and racism²

If your child already has a phone, don't forget to check out the tips and advice on our previous newsletters to help you keep them safe. You can see the newsletters on our website: <https://heathlands.herts.sch.uk/e-safety-parent-zone/>

Smart phones and mental health



Research conducted in 2023 found that the younger your child is when you let them have their own smart phone, the more likely they are to have poor mental health scores. You can read the full article here:

<https://sapienlabs.org/wp-content/uploads/2023/05/Sapien-Labs-Age-of-First-Smartphone-and-Mental-Wellbeing-Outcomes.pdf>

