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Thursday 2nd February 2023

Dear Parent/Carer,

### Safer Internet Day 2023 – Support for Parents and Carers.

As you may be aware, Tuesday 7th February 2023 is Safer Internet Day in the UK. The theme for Safer Internet Day this year is *'Want to talk about it? Making space for conversations about life online'*.

All pupils will have an assembly during the week commencing Monday 6<sup>th</sup> February 2023, the assemblies will be adapted for different year groups and will focus on:

- Supporting young people to understand what constitutes respectful online behaviour and the repercussions of sending/sharing malicious communications,
- Looking at the Safety by design approach – how technology companies and app developers should think about what can be done to prevent harm from the outset, rather than acting in response to harms or problems after they occur. What do our pupils think are the most dangerous online harms? Whose responsibility is it to prevent or respond to these?
- Encouraging open conversations amongst pupils, parents/carers and staff in school about online issues that can affect any young person.

Also, for the week commencing Monday 6<sup>th</sup> February Farlingaye will be using their social media pages to share a piece of daily online safety advice for Parents/Carers. Once a day we will share a piece of guidance from the National Online Safety website. You can access these pieces of guidance on the Farlingaye website under the 'Letters' section or by following the Farlingaye twitter page - @farlingayehigh.

### Online safety information evening for Parents and Carers:

On Thursday 16<sup>th</sup> March 2023 myself and Suffolk Constabulary will be delivering an Online safety information evening for Parents and Carers. See attached poster for more information. To book a place to attend the presentations please email [chankers@farlingaye.suffolk.sch.uk](mailto:chankers@farlingaye.suffolk.sch.uk).

### New quiet mode setting on Instagram:

In January 2023 Instagram developed a new 'quite mode' on their app. This means that all young people (and parents/carers) can instigate quiet mode to prevent notifications coming through to a young person's phone. This could be useful when

monitoring screen time, ensuring your young person focuses on homework or studying, and also enables you to prevent your young person getting messages or notifications should they be in a situation which is affect their wellbeing. We often find that arguments occur on social media and young people are reluctant to block each other, therefore limiting the amount of messages coming through and taking a break can support a young person in managing their relationships and their own wellbeing. The app will also prompt teenage users to enable the quiet mode feature if they're using the app late at night. Quiet mode can be activated through the settings section within the App.

Signposting and regular support/information for Parents and Carers:

If you would like any more information on online safety, please contact the Safeguarding team or alternatively up to date information can be found on the following websites:

[www.saferinternet.org.uk/guide-and-resource/parents-and-carers](http://www.saferinternet.org.uk/guide-and-resource/parents-and-carers) - Parents and Carers guides to different types of technology and advice on how to start a conversation about online safety.

[www.nationalonlinesafety.com/guides](http://www.nationalonlinesafety.com/guides) - Easy to access guides on a number of websites and apps, information on age restrictions and what young people can do/access within an app or on a website.

[www.saferinternet.org.uk/online-issue/online-bullying](http://www.saferinternet.org.uk/online-issue/online-bullying) - Advice and guidance about supporting young people who have experienced bullying online.

[www.nspcc.org.uk/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/keeping-children-safe/online-safety/) - The NSPCC have a wide range of resources which aim to inform parents and carers about parental controls, the legalities of sending nude and semi-nude images. The website also has specialist guidance focusing on online safety for families and children with Special Education Needs and their increased vulnerability.

<https://www.vodafone.co.uk/mobile/digital-parenting/parental-controls-and-filtering> - All parents and carers can sign up to receive their own copy of the Digital Parenting magazine. Once you have signed up this will get sent out to you on a regular basis (either by email or in the post depending on your preference) and will support you to keep up to date with the latest apps and websites that your young person may be accessing, as well as offering useful advice on monitoring healthy internet usage.

Lastly, I would also like to take this opportunity to thank you all for your ongoing support and information sharing in regards to any online safety concerns or worries that you have.

Kind Regards,



Miss Hankers  
Safeguarding Manager / Online Safety Lead.