13th September 2023

Dear Parents and Carers,

This week we have continued to talk to children about their safety and who can help them in school and out of school if they have a worry or a problem, both in whole school assembly and in classes.

The children have responded really well to this, and many have opened up about problems that they have had on social media. In particular where children are using Snapchat, TikTok or Whatsapp.

> **Did you know that strangers can see your child's location if they are using Snapchat and have not turned off the automatic location setting?**
>
> **Did you know that children's mental health can be affected by the number of 'likes' they get in an app and comments from strangers?**

We have spoken to the parents of children involved in any issues and will continue to support the children.

We are writing to let you know that we have joined **National College** as a school. National College has links to useful information about nearly any app, and online or console game, and using the link below parents can access this information free of charge.

The resources include Parents & Carers courses (presented by Myleene Klass), online video resources and weekly guides covering a huge range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms

- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

The information guides give information about how to turn on privacy settings, turn off location markers and how to report and block other users.

The majority of children are sensible and try to use online apps safely, however, the reason that many of these apps (or games) have age limits of 13 or 16, is due to the fact that at primary age children's brains aren't

developed fully to be able to assess risks. They can think that things are safe when they are not, and often perceive strangers as friends - always looking for the good in others.

Two facts that shocked staff during training on our inset days:

1) Up to 10% of people online are looking to actively cause harm, hurt or upset.
2) The average time from 'Hello' to the sharing of explicit content when a child ends up in private chat with a stranger who does not have good intent is 45 minutes.

IT IS REALLY IMPORTANT THAT WE SUPPORT OUR CHILDREN TO STAY SAFE BY MONITORING THEIR USE AND ENSURING THEIR PRIVACY SETTINGS ARE HIGH.

Remember private chat can happen in games as well as messaging apps.

To create your account, please follow https://nationalcollege.com/enrol/carrington-junior-school and complete your details.

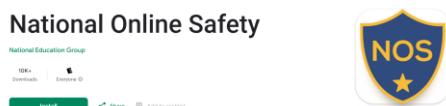When you're set up, you'll be able to set 'Parent/Carer' as your user type.
You can access National Online Safety online via any device - including via our brand-new smartphone app.

To download the app, please go to:

https://apps.apple.com/gb/app/national-online-safety/id1530342372
https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at
https://helpdesk.thenationalcollege.co.uk/helpcentre

If you have any further questions, please talk to Mrs O'Leary or your child's teacher.

Yours sincerely,

Emma Cameron (Mrs)
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Carrington Junior School
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