



Mrs S Barham
Headteacher
Lampard Community School
St John's Lane
Barnstaple, Devon, EX32 9DD

Patron: Peter Heaton-Jones MP

Telephone & Fax: 01271 345416 e-mail:admin@lampard.devon.sch.uk www.lampard.devon.sch.uk

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Dear Parent/Carer,

Online Safety Advice and Resources

Please find enclosed the latest Digital Parenting magazine which has lots of useful guidance and advice on a variety of online safety issues such as social media, setting boundaries, the impact of technology on sleep, cyberbullying and sexting.

At school, online safety is core part of our curriculum and is taught through every year. The digital world is such a central part of children and young people's lives that it is our responsibility to ensure they have a good understanding of the positives and negative uses of the internet.

As parents/carers, we understand that you may have worries about online safety particularly with media coverage of issues recently. Below you will find advice from www.internetmatters.org and links to useful websites/organisations that provide specific resources around online safety for children and young people.

- Check your parental controls – make use of the control settings on your home broadband and any internet abled devices. You can find out how to do this at www.internetmatters.org
- Use 'safe search' settings on search engines/sites such as Google and Youtube.
- Agree boundaries about what your child can and can't do online – where they can use the internet, how much time they spend online, the sites they can visit and the type of information they can share.
- Explore together – ask your child to tell you what they like doing online. Encourage them to use devices in communal areas so you can see what sites they are visiting.





- Check if the games, apps, films and social networks are age appropriate. The minimum age for most social networks is 13 including Facebook and Instagram. You can check specific games, films, TV programmes and apps on www.commonsensemedia.org.

If you want to find out more about online safety, we would recommend visiting useful websites such as those below which offer lots of tips and advice specifically aimed at parents and carers:

www.saferinternet.org.uk/advice-centre/parents-and-carers

Advice and tips on keeping children safe online.

www.parentinfo.org/

Parent Info is a free web service providing information to parents and carers.

www.netaware.co.uk

Advice from NSPCC and O2 on social networks, apps and games.

www.childnet.com/parents-and-carers

A non-profit organisation working with others to help make the internet a great and safe place for children.

www.internetmatters.org

Gives simple, practical and easy advice on the steps you can take as a parent to keep children as safe as possible online. Lots of very easy to understand step by step guides on setting controls.

www.thinkuknow.co.uk

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Useful advice for parents/carers.

If you do want to find out more about online safety or require further advice, please contact either myself or Sophia Marquiss, Extended Leader at school.

Yours sincerely,

Ms Claire Cowen-Brown
Assistant Head-Care & Safeguarding

