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Dear Parents and Carers,

Here at Trinity Fields School, we integrate online safety into our pupils daily activities and in today's digital world, our children are growing up surrounded by rapidly developing technology. While the internet offers incredible opportunities for learning, creativity, and connection, it also presents risks that can affect their safety and well-being.

As parents and carers, it's essential to stay informed and proactive in guiding our children to use the internet responsibly and safely. Here are some key tips to help you support your child's online safety during the summer break.

#### 1. Open Communication is Key

Encourage your child to talk to you about their online experiences. Let them know they can come to you if they see something upsetting or confusing. Create a judgment-free space where they feel safe sharing.

#### 2. Set Clear Boundaries

Establish rules about screen time, appropriate websites, and online behaviour. Use parental controls and privacy settings on devices and apps to help enforce these boundaries.

#### 3. Encourage Critical Thinking

Help your child understand that not everything they see online is true. Teach them to question information, recognize scams, and avoid clicking on suspicious links or downloading unknown files.

#### 4. Protect Personal Information

Make sure your child knows never to share personal details like their full name, address, school, or phone number online, especially with people they don't know in real life.

#### 5. Monitor and Participate

Stay involved in your child's digital life. Know which apps and games they use, who they interact with, and what kind of content they're consuming.

#### 6. Discuss Cyberbullying

Talk about the importance of kindness online and what to do if they or someone they know is being bullied. Encourage them to report harmful behaviour and to stand up for others when it's safe to do so.

Further information can be found at the following links.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>  
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Wishing everyone a Fantastic and safe summer break.

Trinity Fields School

*Learning together in a changing world, creating success for all*  
Developing all pupils as ambitious, enterprising, ethical and healthy learners.

