Merridale Primary School
'Growing together'

E-Safety Newsletter

Autumn 1 2024

This half term, our e-safety focus is **Self-image and identity**

We conduct an initial assessment which informs teachers which objectives to focus on the most but children will cover the following topics. Our resources are taken from the Project Evolve toolkit.

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can recognise, online or offline, that anyone can say 'no' - 'please stop' - 'I'll tell' - 'I'll ask' to somebody who makes them feel sad, uncomfortable, embarrassed or upset.	I can recognise that there may be people online who could make someone feel sad, embarrassed or upset If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust and how they can help.	I can explain how other people may look and act differently online and offline. I can give examples of issues online that might make someone feel sad, worried, uncomfortable or frightened; I can give examples of how they might get help.	I can explain what is meant by the term 'identity'. I can explain how people can represent themselves in different ways online	I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) and why. I can explain how my online identity can be different to my offline identity. I can describe positive ways for someone to interact with others online and understand how this will positively impact on how others perceive them.	I can explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this. I can explain how identity online can be copied, modified or altered. I can demonstrate how to make responsible choices about having an online identity, depending on context.	I can identify and critically evaluate online content relating to gender, race, religion, disability, culture and other groups, and explain why it is important to challenge and reject inappropriate representations online. I can describe issues online that could make anyone feel sad, worried, uncomfortable or frightened. I know and can give examples of how to get help, both on and offline.

Keeping you child safe online

- Talk to your child about their online behaviours. What do they like to do? Play the games they are playing with them. Who do they talk to online?
- Make sure that your child knows what to do if something makes them feel uncomfortable online.
- If children are online, keep them in the same room as you if possible.
- Be very mindful of the minimum age for online games and social media sites.
- If children are online, please, please remind them regularly that they should not give out any personal information like their address, school or personal details.
- Remind children that they should never agree to meet anyone online and if anyone online suggests this they should tell a parent/carer straight away.
- Make your child aware of their digital footprint.
- Discuss the importance of being kind online as well as in person.
- Set usage limits and model healthy habits.
- Ensure that privacy settings are in place on your child's devices.
- Use parental controls where available.

These websites will give you further information about keeping your child safe online.

www.thinkyouknow.co.uk   www.saferinternet.org.uk   www.bbc.com   www.nspcc.org.uk

For more information about our e-safety curriculum, please contact Mrs Byrne.

If you are worried about a child, please contact our Designated Safeguarding Lead: Mrs Towle.

Since the beginning of 2024, we have an seen an increase in e-safety issues in two areas:

1. How children communicate on Whatsapp

2. Children being exposed to inappropriate content on Youtube.

The following parent information is useful to help you ensure that your child is safe online

WhatsApp
safety guide for parents

internet matters.org

13+
WhatsApp's minimum age in the UK

58%
Kids aged 3-17 who use WhatsApp

37%
Kids under 13 who use WhatsApp

5 tips to keep kids safe on WhatsApp

1 Review privacy settings WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.

2 Customise contacts Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.

3 Talk about personal information Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.

4 Show them where to get support If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.

5 Check in regularly Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

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For more information, scan the QR code

	Facebook	X (twitter)	Instagram	Whatsapp	TicTok	Snapchat	Skype	Youtube
Age Rating	13	13	13	16	13	13	13	13

Many children enjoy watching videos on YouTube but it is important that you have set up parental controls so that your child cannot access any inappropriate content.

Scan the QR code to follow a step by step guide to setting up parental controls o YouTube.

The annual report "Children's Well-Being in a Digital World" highlights that some children feel lonely and worried when online. Talk to your child about their online activities and how they are feeling. Scan the QR code to read the full report.

Figure 10. Challenges persist: Online experiences still bring a significant number of young people social, developmental, and emotional challenges

Spending time online makes me feel lonely
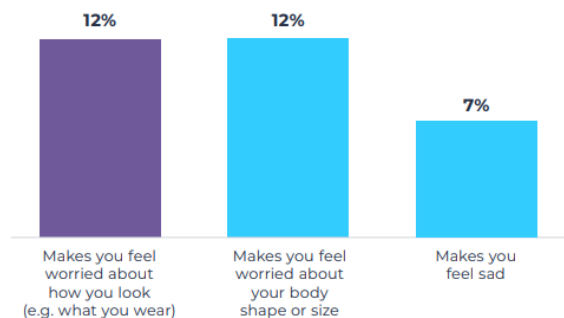(% 'exactly' or 'quite' like them, child data)

11% — 2022
14% ▲ — 2023
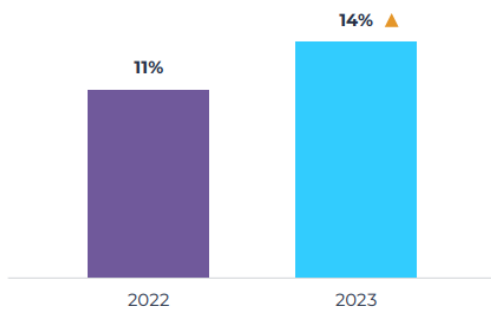
Q56.2. How much do each of these things sound like you? - Spending time online makes me feel lonely.
Base: Children (2022: 1,138, 2023: 1,001)
▲▼ Significant difference versus previous year

Figure 11. Challenges persist: Many young people are still having negative online experiences that impact their feelings

Feelings when spending time online
(% selected 'definitely' or 'mostly', child data)

12% — Makes you feel worried about how you look (e.g. what you wear)
12% — Makes you feel worried about your body shape or size
7% — Makes you feel sad

Q50. When you spend time online – on websites, apps, or games – does it do any of these things?
Base: Children (2023: 1,001)
▲▼ Significant difference versus previous year