Merridale Primary School
'Growing together'

E-Safety Newsletter

Autumn 2 2024

This half term, our e-safety focus is **Online Relationships**.

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 some ways the internet can be used to communicate. I can give examples of how I might use technology to communicate with people I know.	I can explain why it is important to be kind to people online. I can explain why things one person finds funny or sad online might not be seen in the same way by others. I can use the internet with adult support to communicate with people I know (e.g. video call apps or services). I can give examples of when I should ask permission to do something online and explain why this is important.	I can explain who I should ask before sharing things about myself or others online. I can explain why I have a right to say 'no' or 'I will have to ask someone'. I can explain who can help me if I feel under pressure to agree to something I am unsure about or don't want to do. I can identify who can help me if something happens online without my consent. I can explain how it may make others feel if I do not ask their permission or ignore their answers before sharing something about them online. I can explain why I should always ask a trusted adult before clicking 'yes', 'agree' or 'accept' online .	I can describe ways people who have similar likes and interests can get together online. I can explain what it means to 'know someone' online and why this might be different from knowing someone offline. I can explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online. I can explain how someone's feelings can be hurt by what is said or written online.	I can describe strategies for safe and fun experiences in a range of online social environments (e.g. livestreaming, gaming platforms). I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours. I can describe strategies for safe and fun experiences in a range of online social environments (e.g. livestreaming, gaming platforms)	I can explain how someone can get help if they are having problems and identify when to tell a trusted adult. I can describe some of the ways people may be involved in online communities and describe how they might collaborate constructively with others and make positive contributions. I can explain that there are some people I communicate with online who may want to do me or my friends harm. I can recognise that this is not my / our fault	I can explain how sharing something online may have an impact either positively or negatively. I can describe how things shared privately online can have unintended consequences for others. e.g. screen-grabs. I can describe how to be kind and show respect for others online including the importance of respecting boundaries regarding what is shared about them online and how to support them if others do not.

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.

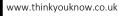www.thinkyouknow.co.uk   www.saferinternet.org.uk   www.bbc.com   www.nspcc.org.uk

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.

Screen Time

BBC Children's and Education surveyed parents across the UK on their attitudes towards screens.

- 79% parents feel that children have used screens more since the pandemic.
- Whilst 67% parents feel concerned about what their child is watching, parents do see real value in screens, with 65% agreeing that they have the ability to foster creativity and communication.
- 93% parents are interested in educational programming for their children.
- 51% parents say that education is the most important thing when it comes to what children are watching on screens, followed by 30% saying entertainment.
- 70% saying that it is important that the content their child accesses comes from a trusted source.

According to a survey by CHILDWISE, children aged 7-8 spend approximately 3 hours online daily, increasing to 5 hours for 15-16 year olds.

Whilst there are many benefits to on screen activities, there are also some possible negative impacts

- Disrupted sleep patterns or difficulty relaxing before bed
- Eye strain and headaches
- Reduced social interactions which may affect social development
- Struggles with focus and concentration
- Increased feelings of isolation
- Less interest in physical activity

What can you do?

- **Designate 'screen-free' times**: Setting aside certain times, such as during meals, for everyone to unplug can help reduce screen time and help to promote family time.
- **Encourage offline activities**: Help your child enjoy activities that don't involve screens. Going for walks, playing sports and engaging in arts and crafts are all great options.
- **Limit screen use during focused tasks**: Encourage children to put devices away during important tasks like homework to help them concentrate better.
- **Set clear guidelines**: For older children, it can be helpful to establish rules around screen use, such as when it's time to disconnect for the day. Consider using apps that help track and manage screen time.
- **Keep screens out of the bedroom**: Make a habit of charging devices outside the bedroom to discourage late-night screen use.
- **Be a role model**: Show your children the importance of balanced screen use by following healthy habits yourself.
- **Create a calming bedtime routine**: Try winding down with non-screen activities like reading together before bed.